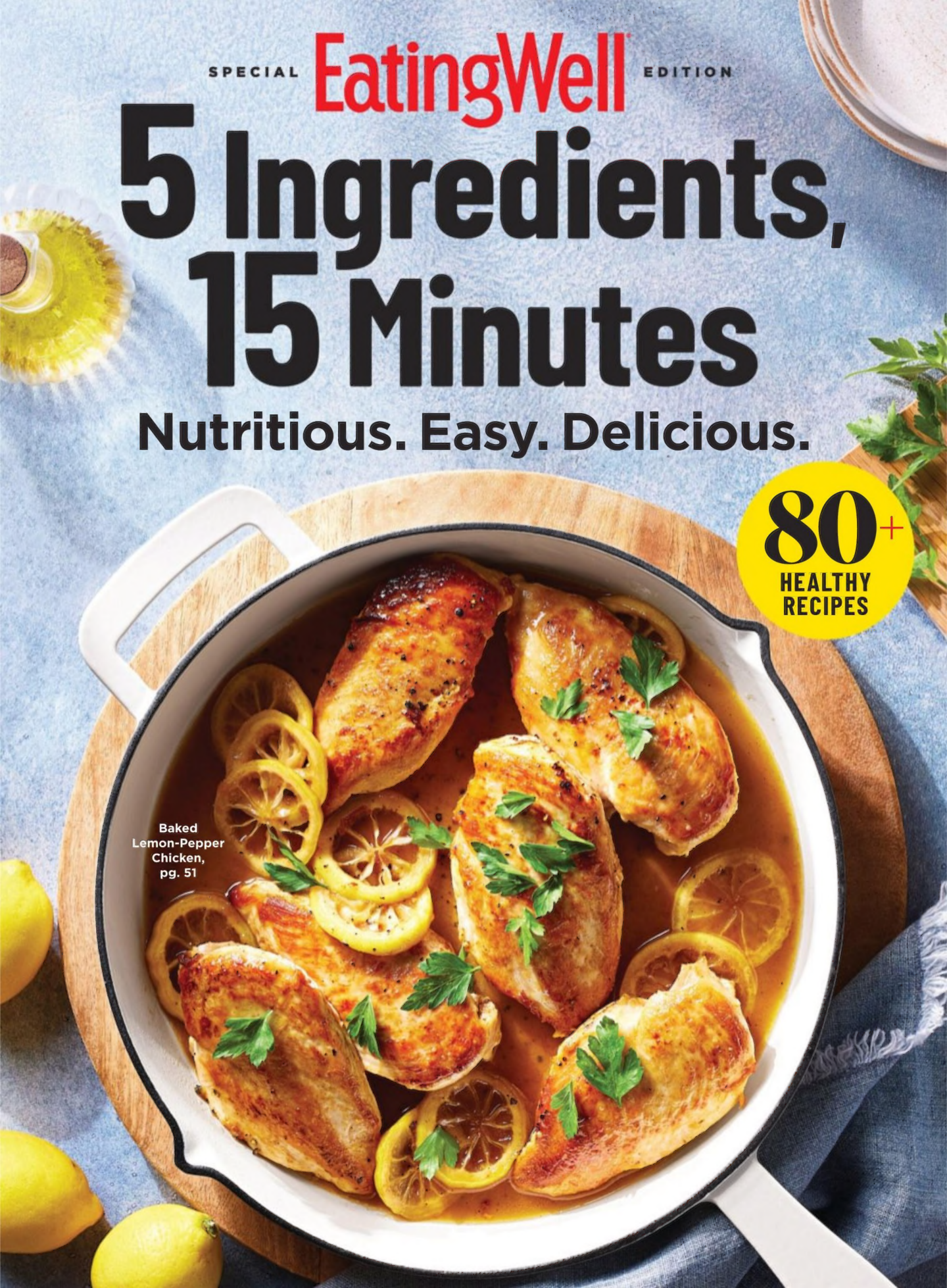
SPECIAL EatingWell EDITION

5 Ingredients, 15 Minutes

Nutritious. Easy. Delicious.

80+ HEALTHY RECIPES



Baked Lemon-Pepper Chicken, pg. 51

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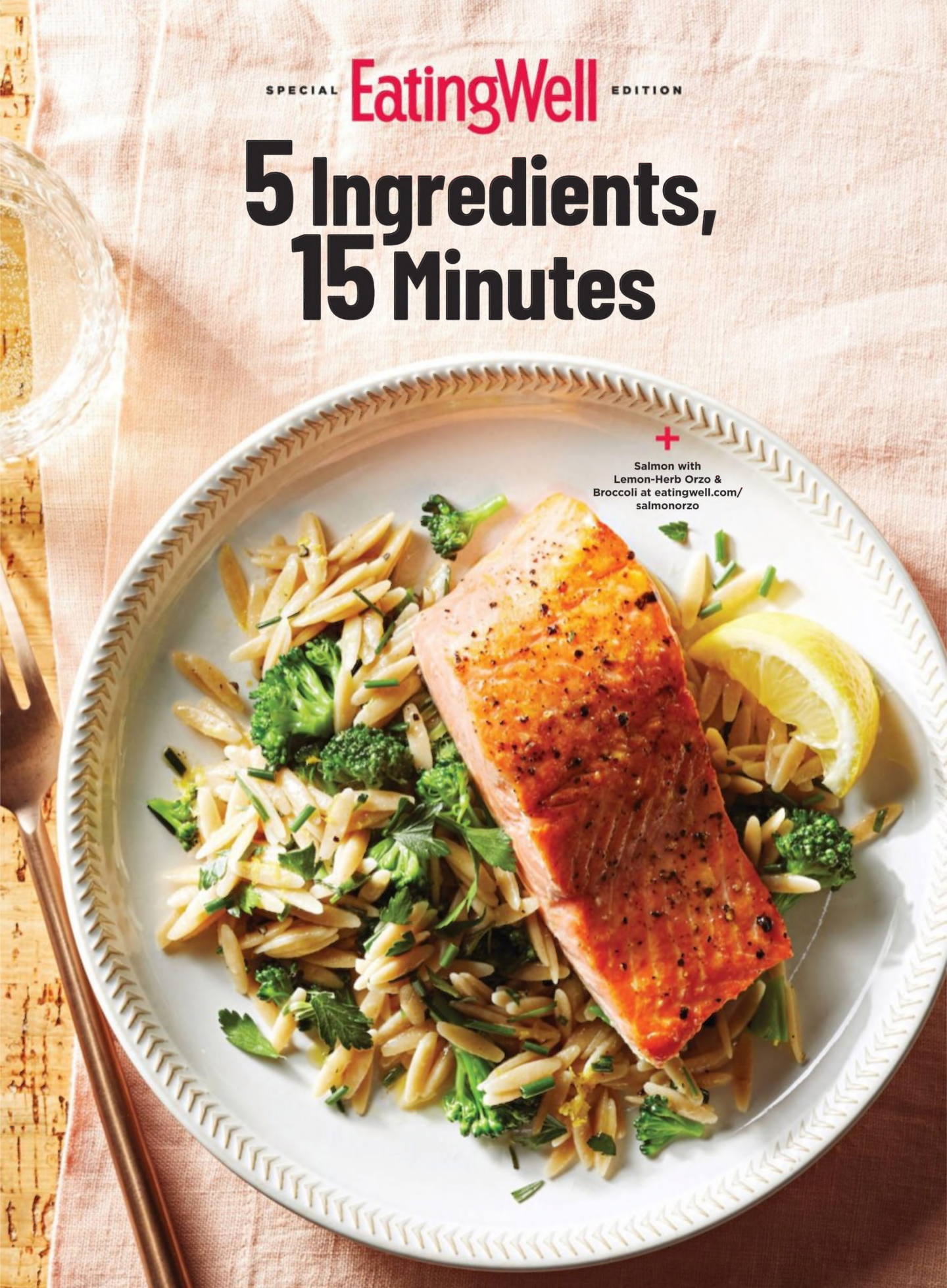

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Salmon with Lemon-Herb Orzo & Broccoli at eatingwell.com/salmonorzo

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Parts of this special edition were previously published.

This book is for general information purposes only, and nothing contained in it is intended to substitute for individualized advice from a physician or other health professional. The reader should consult the appropriate health professional in matters relating to physical and mental health and particularly with respect to any symptoms that may require diagnosis or treatment.

WHY 5-15?

Need a delicious meal in a hurry? These strategies can help you tackle the busiest of weeknights.

BY COURTNEY MIFSUD INTREGLIA

We're busy people. In a 2022 poll of 2,000 Americans, 60 percent said there are not enough hours in the day to complete their to-do list. Respondents said that work and chores such as laundry, cleaning and cooking monopolized time that they'd prefer to spend relaxing or enjoying hobbies.

I know I feel it. My husband and I both have long commutes back and forth to work and often don't walk in the door until well after 6 p.m., but we always prioritize a healthy dinner. While it admittedly feels like a lot on some nights, it also gives us some time to decompress and connect after we've both had a long day.

Meals that contain just five ingredients (not including oil, salt, pepper and water) and sometimes even fewer have become lifelines for us. Plus, pantry staples such as canned tuna or frozen veggies mean we can make some of those meals without taking an additional trip to the grocery store.

For the nights when we do have time for last-minute food shopping, meals that take just 15 minutes to prepare are in frequent rotation. And I lean on the tips that follow to get our dinner on the table even faster.

A One-Pan Plan

If a recipe takes a bit longer to cook but comes together in a single skillet or on a sheet pan, it stays on my list. Our apartment doesn't have a dishwasher, so every pot, pan, mixing bowl, spatula and measuring cup is getting scrubbed by hand. It doesn't get much easier than seasoning some chicken and broccoli in one big bowl (the broccoli first, then the raw chicken) and putting it on a sheet pan, as in our Sheet-Pan Chicken Tenders & Broccoli with Everything Bagel Seasoning (page 45). I like to double the recipe using two sheet pans so I have savory chicken and veggies to mix into salads or put on top of grain bowls later in the week. (Plus, I line my sheet pans with parchment to further speed cleanup.)

Lean into Quick-Cooking Proteins

If I only have 15 minutes to get dinner on the table, proteins that cook in a flash can get it done. Ground chicken, tofu and canned beans are all staples that can serve as the backbone of a super-flavorful meal. I always have bags of peeled and deveined large shrimp in my freezer that I thaw the night before. (If I forget to do that, I just place frozen shrimp in a large bowl with ice water for 20 minutes.)

Embrace No-Cook Meals

When I'm too tired to turn on the oven or don't have time to wait for it to preheat, I opt for entirely no-cook dishes, such as our Arugula & Cucumber Salad with Tuna (page 25) or Tomato Salad with Raw Garlic (page 85), which are tasty and easy to make. I keep plenty of canned tuna and salmon in my pantry to help me pull together these easy meals, along with cans of chickpeas and other legumes that can bulk up some greens.

Don't Skip Prepped Ingredients

If I need a dinner to be superfast and involve only a handful of ingredients, I'm leaning on store-bought items such as bagged salad kits, rotisserie chicken and cooked frozen proteins. Frozen or refrigerated cheese ravioli with an herby storebought pesto makes for a super-quick, hearty dinner. For storebought pesto that tastes closer to homemade, look for it in the refrigerated section. If you're using jarred shelf-stable pesto, try to find a brand that is bright green in color.

The 5-15 concept is a simple guideline for cooking healthy and delicious meals on even the busiest days. Recipes with five ingredients or fewer mean less shopping and prepping, and a 15-minute cook time means less time in the kitchen and more time enjoying the food with your loved ones. ●

INGREDIENTS TO SAVE TIME

Keeping these budget-friendly foods on hand means you can easily make a nutritious and tasty meal any night of the week.

BY JESSICA BALL, M.S., RD
Reviewed by dietitian Maria Laura Haddad-Garcia

If you, like many people, are trying to cook more meals at home, a little planning ahead can save you some serious time and money. I'm a registered dietitian, and these are some of my favorite budget-friendly foods to make healthy cooking quicker and easier.

Tinned Fish

I find several canned foods really helpful for saving both money and time, and canned fish has a special place in my heart. If you live in an inland state, it can be hard to find good-quality fresh or frozen fish that's reasonably priced. Canned fish lasts far longer than its fresh or frozen counterparts and helps me eat more seafood in a way that matches my budget. Plus, options such as salmon, sardines and tuna are packed with the omega-3 fatty acids, protein and nutrients our bodies need to thrive. The 2020–2025 Dietary Guidelines for Americans suggest enjoying two 4-ounce servings of seafood each week to reap the most benefits. Enjoy canned fish in spicy fish cakes, pastas, casseroles, salads and more. Our Linguine with Creamy White Clam Sauce (page 44) uses canned whole clams.

Precooked Grains

Whole grains are super-healthy foods that we could all probably stand to eat more of. They're packed with fiber, protein, vitamins and minerals that are hard to find anywhere else. However, whole grains can take a long time to cook. I always try to keep a few packages of precooked quinoa or brown rice that I can quickly heat up in the microwave when I'm crunched for time. Pair it with precut or frozen vegetables, canned beans or fish and a sauce or seasoning blend, and you can have a balanced and flavorful meal in minutes.

Canned Beans

While I love using dried beans, I don't always have the time required for them to be fully cooked and

A well-stocked pantry can help you get dinner on the table quickly and easily.

Vegetables frozen at peak freshness retain most of their nutrients.

ready to eat. That's where canned beans, or any type of canned legumes, come in. I simply drain and rinse them, and they're ready to use or eat. Canned beans are also incredibly versatile and can be eaten at any time of the day. You can add them to a breakfast bowl for a fiber- and protein-packed way to start your morning. Or you can marinate them with herbs, citrus, spices and oil to use as a salad topper all week. You can even crisp up canned legumes like chickpeas in the oven for a crunchy and delicious snack.

Pre-Chopped Vegetables

Lots of good things can happen when you eat enough fruits and vegetables. You may lower your risk of heart disease and stroke, your mental health might improve, you may have better brain health and you could have added protection against certain kinds of cancers. But sometimes getting the veggies you need seems easier said than done. If you find it challenging to eat a variety of produce throughout the day, consider buying pre-chopped vegetables, precut greens or salad kits from the produce section. They can make it faster and easier to add vegetables to your cooking and help you quickly create a simple, tasty side.

Frozen Fruits and Vegetables

Another category to keep stocked is frozen fruits and vegetables. They last far longer than fresh produce and are picked at peak ripeness, so you'll get great flavor and nutrients in every bite. They typically cook much faster than fresh, because they are often blanched or boiled before being flash frozen. Just keep an eye on the added sodium and added sugar, and try to choose products that just contain fruit or vegetables, without other flavorings.

Frozen Mains to Build On

As a dietitian on a budget, I pride myself on being able to zhuzh up frozen meals to add nutrition and flavor while saving time and money. I'm notorious for adding vegetables, herbs and leftover proteins to frozen pizza. You can also pair frozen mains such as ravioli, dumplings and wontons with more vegetables for a complete meal that tastes homemade but that can be made in a fraction of the time. Pro tip: You can use chicken tenders or fish sticks as crispy, delicious salad toppers in a pinch, too. Just be sure to take note of the sodium, saturated fat and added sugar content on the Nutrition Facts label to choose the best time-saving products that help you meet your health goals.

Prepared Sauces

When I have time, I love making sauces from scratch, because it's fun and allows me to tailor the flavors to my liking. Unfortunately, I don't have the time or mental stamina to cook one every day (or to make the dishes they go with). That's why I keep my fridge and pantry well stocked with prepared sauces to easily add flavor to my meals. For instance, you can use curry paste mixed with canned coconut milk as a sauce for beans and veggies—and you can even pair it with a precooked rice packet for some extra filling carbohydrates. I also keep jarred pasta sauce and pesto on hand for when I run out of my homemade stuff or need to get a meal on the table fast. As with the other foods mentioned here, it's important to check the sodium, saturated-fat and added-sugar content of the products to see how they fit into your eating day. Sugar is often added to balance tomatoes' natural acidity. But many brands use the sweetness from vegetables like carrots and onions to get the job done. If you're watching your added sugar, stick to brands with 0 grams.

Minced Garlic

Anyone who cooks with garlic is familiar with getting the smell all over their hands and under their fingernails—and also knows how long it lingers. Plus, no matter how skilled you are in the kitchen or how many cloves you've been through, peeling and mincing garlic by hand is never easy. If you use garlic regularly or find the prep to be a barrier to using it, consider buying minced garlic. All the hard work is already done for you—just scoop or squeeze as much as you want to add to your dish.

The Bottom Line

There are lots of reasons to try to cook more at home, whether for your physical and mental health or to create more family time. And it doesn't have to be time-consuming or expensive. Building out your pantry and fridge with these budget-friendly ingredients can help make it quicker and easier to cook nutritious and tasty meals any night of the week. ●

Breakfast in a Flash

Get in a healthy meal before heading out the door with these simple recipes.

15 MINUTES

Strawberry-Peach Chia Seed Smoothie

ACTIVE TIME: 5 min
TOTAL TIME: 5 min

This fiber-rich chia smoothie is sweet and tangy, with a velvety texture, thanks to nutritious chia seeds that expand as they combine with liquid.

- 1½ cups frozen strawberries
- 1 cup frozen peach slices
- 1 cup unsweetened almond milk
- ½ cup reduced-fat plain strained yogurt
- ¼ cup frozen dark sweet cherries
- 3 dried pitted dates
- 2 tablespoons chia seeds

Place strawberries, peaches, almond milk, yogurt, cherries, dates and chia seeds in a blender. Process until smooth, about 30 seconds. Divide between 2 glasses and serve immediately.

SERVINGS 2 **SERVING SIZE** 1½ CUPS
CALORIES 247 **CARBOHYDRATES** 41G
DIETARY FIBER 10G **TOTAL SUGARS** 26G
PROTEIN 10G **TOTAL FAT** 7G **SATURATED FAT** 1G **CHOLESTEROL** 6MG **SODIUM** 117MG

5 INGREDIENTS | 15 MINUTES

Avocado & Smoked Salmon Omelet

ACTIVE TIME: 10 min
TOTAL TIME: 10 min

Stay full until lunch when you add this omelet to your morning routine. It's packed with healthy fat, which helps quash hunger, and the avocado's fiber helps you feel full longer.

- 2 large eggs
- 1 teaspoon low-fat milk
- Pinch of salt
- 1 teaspoon extra-virgin olive oil plus ½ teaspoon, divided
- ¼ avocado, sliced
- 1 ounce smoked salmon
- 1 tablespoon chopped fresh basil

Beat eggs with milk and salt in a small bowl. Heat 1 teaspoon oil in a small nonstick skillet over medium heat. Add the egg mixture and cook until the bottom is set and the center is still a bit runny, 1 to 2 minutes. Flip the omelet over and cook until set, about 30 seconds more. Transfer to a plate. Top with avocado, salmon and basil. Drizzle with the remaining ½ teaspoon oil.

SERVINGS 1 **SERVING SIZE** 1 OMELET **CALORIES** 323 **CARBOHYDRATES** 5G **DIETARY FIBER** 3G **TOTAL SUGARS** 1G **PROTEIN** 19G **TOTAL FAT** 25G **SATURATED FAT** 6G **CHOLESTEROL** 379MG **SODIUM** 484MG

15 MINUTES

Egg-Avocado Breakfast Sandwich

ACTIVE TIME: 10 min
TOTAL TIME: 10 min

This sandwich comes together in minutes with just a few ingredients. Creamy avocado pairs with crunchy onions and sprouts for a filling, healthy breakfast with layers of flavor.

- 1 tablespoon roasted garlic avocado-oil mayonnaise
- 1 everything bagel thin, toasted
- 1 slice Monterey Jack cheese
- ¼ avocado, sliced
- 2 tablespoons alfalfa sprouts
- 1 large egg, fried
- 2 tablespoons thinly sliced red onion

Spread mayonnaise on 1 bagel thin half. Top with cheese, avocado, sprouts, fried egg and onion. Top with the remaining bagel thin half.

SERVINGS 1 **SERVING SIZE** 1 SANDWICH **CALORIES** 492 **CARBOHYDRATES** 30G **DIETARY FIBER** 9G **TOTAL SUGARS** 4G **PROTEIN** 19G **TOTAL FAT** 36G **SATURATED FAT** 10G **CHOLESTEROL** 224MG **SODIUM** 583MG

5 INGREDIENTS | 15 MINUTES

Peanut Butter & Berries Waffle Sandwich

ACTIVE TIME: 5 min
TOTAL TIME: 5 min

Whole-grain freezer waffles taste just like a classic PB&J. We use crunchy peanut butter to add texture, but you can swap in creamy if you prefer. If fresh berries aren't available, you can use frozen ones; microwave them in a small bowl for about 30 seconds to thaw before adding to the sandwich.

- 1 whole-wheat freezer waffle, toasted
- 1 tablespoon crunchy natural peanut butter
- ¼ cup fresh mixed berries, such as raspberries, strawberries and blackberries
- ½ teaspoon honey

1. Slice waffle in half down the center. Spread peanut butter over one half.
2. Place berries in a small bowl and smash with the back of a fork. Spread on top of the peanut butter layer and drizzle with honey. Top with the remaining waffle half.

SERVINGS 1 **SERVING SIZE** 1 SANDWICH
CALORIES 209 **CARBOHYDRATES** 24G
DIETARY FIBER 4G **TOTAL SUGARS** 8G
ADDED SUGARS 5G **PROTEIN** 6G
TOTAL FAT 11G **SATURATED FAT** 2G
CHOLESTEROL 3MG **SODIUM** 223MG

15 MINUTES

Lemon-Blueberry Smoothie

ACTIVE TIME: 5 min
TOTAL TIME: 5 min

The kale, hemp seeds and green tea in this bright, lemony smoothie contain antioxidants that help fight inflammation. If you can't find baby kale, baby spinach will work well. Banana adds natural sweetness. If you want the smoothie a little sweeter, add a touch of honey.

- 1 cup frozen blueberries, plus more for garnish
- 1 medium ripe banana, peeled and frozen
- 1 cup packed baby kale
- ½ cup unsweetened plain almond milk
- ½ cup chilled unsweetened brewed green tea
- 2 tablespoons hulled hemp seeds
- ¾ teaspoon lemon zest, plus more for garnish
- 1½ tablespoons lemon juice
- ½ teaspoon honey (optional)
- ¼ teaspoon ground ginger

Place blueberries, banana, kale, almond milk, tea, hemp seeds, lemon zest, lemon juice, honey (if using) and ginger in a blender; process until smooth, about 25 seconds. Pour into a glass. Garnish with additional blueberries and/or lemon zest, if desired.

SERVINGS 1 **SERVING SIZE** 2 CUPS
CALORIES 330 **CARBOHYDRATES** 52G
DIETARY FIBER 9G **TOTAL SUGARS** 29G
PROTEIN 10G **TOTAL FAT** 13G **SATURATED FAT** 1G **CHOLESTEROL** 0MG **SODIUM** 110MG

15 MINUTES

Spinach & Fried Egg Grain Bowls

ACTIVE TIME: 10 min
TOTAL TIME: 15 min

Wheat berries, a nutty-tasting whole grain with a pleasantly chewy texture, are the base of this hearty breakfast bowl recipe. The grain freezes well, so cook up a batch to stash away for salads, bowls and more. Topped with spinach, peanuts and an egg, these bowls make for a satisfying breakfast.

- 2 teaspoons sesame oil
- 1 (5 ounce) package baby spinach
- 1 teaspoon lower-sodium soy sauce
- 4 large eggs
- 2 cups cooked wheat berries
- ¼ cup kimchi
- ¼ cup chopped scallions
- 2 tablespoons unsalted roasted peanuts, roughly chopped

1. Heat oil in a large nonstick skillet over medium heat. Add spinach; cook, stirring often, until wilted, about 3 minutes. Stir in soy sauce; transfer the mixture to a bowl. **2.** Crack eggs into the skillet; cook for 2 minutes. Cover and continue to cook until desired degree of doneness, 2 more minutes for medium. **3.** Divide wheat berries among 4 bowls; top each serving with an egg, ¼ cup spinach mixture and 1 tablespoon kimchi. Top evenly with scallions and peanuts.

SERVINGS 4 **SERVING SIZE** ABOUT 1½ CUPS **CALORIES** 281 **CARBOHYDRATES** 35G **DIETARY FIBER** 8G **TOTAL SUGARS** 1G **PROTEIN** 15G **TOTAL FAT** 10G **SATURATED FAT** 2G **SODIUM** 314MG

5 INGREDIENTS | 15 MINUTES

Fruit & Yogurt Smoothie

ACTIVE TIME: 10 min
TOTAL TIME: 10 min

This easy fruit smoothie calls for just three ingredients: yogurt, fruit juice and frozen fruit. Mix up your fruit combinations from day to day for a healthy breakfast or snack option that never gets boring.

- ¾ cup nonfat plain yogurt
- ½ cup 100% pure fruit juice
- 1½ cups (6½ ounces) frozen fruit, such as blueberries, raspberries, pineapple or peaches

Puree yogurt with juice in a blender until smooth. With the motor running, add fruit through the hole in the lid and continue to puree until smooth.

SERVINGS 1 **SERVING SIZE** 2 CUPS **CALORIES** 279 **CARBOHYDRATES** 56G **DIETARY FIBER** 7G **TOTAL SUGARS** 46G **PROTEIN** 12G **TOTAL FAT** 2G **SATURATED FAT** 0G **CHOLESTEROL** 4MG **SODIUM** 149MG

15 MINUTES

Coconut-Mango Oats

ACTIVE TIME: 5 min
TOTAL TIME: 5 min

Give your morning bowl of oatmeal a makeover. Adding just a bit of toasted coconut, some vanilla extract and fresh (or frozen) mango provides plenty of flavor. We use oat milk here, but feel free to swap in dairy or another plant-based unsweetened milk.

- 1 cup unsweetened oat milk
- ½ cup quick oats
- ⅛ teaspoon salt
- 1 tablespoon toasted unsweetened shredded coconut, divided
- 1 teaspoon packed brown sugar
- ¼ teaspoon vanilla extract
- ¼ cup diced ripe mango, fresh or frozen
- ½ teaspoon chia seeds

1. Bring oat milk to a boil in a small pot over high heat. Reduce heat to medium. Stir in oats and salt; cook, stirring occasionally, until most of the liquid is absorbed and the bubbles from the oat milk become smaller, 1 to 2 minutes. **2.** Remove from heat and stir in 1½ teaspoons coconut, brown sugar and vanilla; transfer to a serving bowl. Top with mango, the remaining 1½ teaspoons coconut and chia seeds.

SERVINGS 1 **SERVING SIZE** 1 CUP
CALORIES 367 **CARBOHYDRATES** 60G
DIETARY FIBER 9G **TOTAL SUGARS** 17G **ADDED SUGARS** 4G **PROTEIN** 12G
TOTAL FAT 9G **SATURATED FAT** 4G
SODIUM 414MG

5 INGREDIENTS | 15 MINUTES

Salsa-Topped Avocado Toast

ACTIVE TIME: 5 min
TOTAL TIME: 5 min

Spin leftovers from taco night into this easy salsa-topped avocado toast for a quick snack, or use it as a jumping-off point for breakfast by adding an egg on top. Single-serve packages of mashed avocado or guacamole can stand in for the fresh avocado.

½ medium avocado, mashed
1 slice whole-wheat country bread, toasted
2 tablespoons fresh salsa, such as pico de gallo
Pinch of salt

Spread avocado on toast. Top with salsa. Season with a pinch of salt.

SERVINGS 1 **SERVING SIZE** 1 SLICE
CALORIES 264 **CARBOHYDRATES** 36G
DIETARY FIBER 8G **TOTAL SUGARS** 1G
PROTEIN 7G **TOTAL FAT** 12G **SATURATED FAT** 2G **CHOLESTEROL** 0MG **SODIUM** 445MG

PASS THE PANCAKES

Pancakes aren't known for being the most satisfying breakfast around. So we scanned mix labels for protein and fiber, sampled more than 30 brands and chose five that will fill you up.

BY MAXINE YEUNG, M.S., RD, AND SHARON LEHMAN, RD

Focus on Fiber

Seeking out a brand with 3 or more grams of fiber per serving will help you stave off hunger and hit the minimum daily recommendation of 25 to 38 grams. Mixes made with 100 percent whole grains and/or added seeds like chia and flax tend to have the highest amounts of fiber. When choosing grain-free, opt for blends with almond or coconut flour to get a fiber bump.

Be Sensible with Sugar

To leave room for that drizzle of maple syrup, choose a mix with 5 or fewer grams of added sugar per serving to help keep your overall intake under 25 grams per day.

Pick Protein

Most pancake mixes have between 2 and 4 grams of protein per serving. For a little extra oomph, scan the ingredient list for buckwheat or chickpea flour, vital wheat gluten, seeds and pea or whey protein, and choose a brand with at least 5 grams of protein per serving of dry mix.

Look for These Numbers

(dry, unprepared) Fiber: ≥ 3g
Protein: ≥ 5g Added Sugar: ≤ 5g

Best Gluten-Free Pancake Mix

Simple Mills Almond Flour Pancake & Waffle Mix

170 CALORIES, 2G FIBER, 5G ADDED SUGAR, 4G PROTEIN

Nutty almond and coconut flours puff these up without the gumminess other gluten-free mixes can have. Top with nut butter to hit our protein recommendation.

Best Overall Pancake Mix

Bob's Red Mill Organic 7 Grain Pancake & Waffle Mix

140 CALORIES, 5G FIBER, 1G ADDED SUGAR, 7G PROTEIN

With only a touch of added sugar and no extra flavorings, these pancakes are mild in taste and a perfect canvas for your favorite mix-ins and toppings.

Best Buttermilk Pancake Mix

Kodiak Power Cakes Flapjack & Waffle Mix Buttermilk

220 CALORIES, 5G FIBER, 3G ADDED SUGAR, 15G PROTEIN

A blend of whole-wheat and oat flours is lightly sweetened with brown sugar to balance the tangy buttermilk flavor. Wheat protein helps make this choice filling.

Best No-Added-Sugar Pancake Mix

Birch Benders Keto Pancake & Waffle Mix

140 CALORIES, 9G FIBER, 0G ADDED SUGAR, 6G PROTEIN

This mix contains almond flour, tapioca fiber and pea fiber, which packs 9 grams of fiber into each serving. Whey protein concentrate and eggs help bump up the protein content to 6 grams per serving.

Best Protein Pancake Mix

Krusteaz Protein Pancake Mix Buttermilk

220 CALORIES, 4G FIBER, 7G ADDED SUGAR, 15G PROTEIN

Whey and wheat protein give this more than double the protein of most of our other picks. There's more added sugar than we'd typically recommend, but the sweet cakes mean less syrup.

Pack & Go Lunches

These hearty midday meals are a breeze to make.

5 INGREDIENTS | 15 MINUTES

Pesto & White Bean Stuffed Tomato

ACTIVE TIME: 5 min
TOTAL TIME: 5 min

This simple 3-ingredient recipe is perfect for a light lunch or snack. Showcasing the midsummer flavors of fresh tomatoes and pesto, it's delicious, nutritious and ready in just five minutes.

1 large tomato
¼ cup canned white beans, rinsed
2 teaspoons pesto
Torn fresh basil for garnish

Slice tomato horizontally and hollow out the halves. Fill with beans, drizzle with pesto and sprinkle with salt. Garnish with basil, if desired.

SERVINGS 1 **SERVING SIZE** 2 STUFFED TOMATO HALVES **CALORIES** 116 **CARBOHYDRATES** 17G **DIETARY FIBER** 5G **TOTAL SUGARS** 5G **PROTEIN** 6G **TOTAL FAT** 5G **SATURATED FAT** 1G **SODIUM** 399MG **POTASSIUM** 627MG

5 INGREDIENTS | 15 MINUTES

Lentil & Goat Cheese Toast

ACTIVE TIME: 10 min
TOTAL TIME: 10 min

This simple toast is topped with lentils and walnuts for a satisfying, savory bite.

- 2 tablespoons goat cheese
- 2 slices olive sourdough bread, toasted
- ⅔ cup rinsed canned French green lentils
- 2 tablespoons chopped walnuts, toasted

Spread 1 tablespoon goat cheese on each slice of toast. Top each with ⅓ cup lentils and 1 tablespoon walnuts.

SERVINGS 2 **SERVING SIZE** 1 TOAST **CALORIES** 282 **CARBOHYDRATES** 35G **DIETARY FIBER** 6G **TOTAL SUGARS** 1G **PROTEIN** 11G **TOTAL FAT** 11G **SATURATED FAT** 2G **CHOLESTEROL** 42MG **SODIUM** 352MG

5 INGREDIENTS | 15 MINUTES

Cannellini Bean & Herbed Ricotta Toast

ACTIVE TIME: 10 min
TOTAL TIME: 10 min

Herbed ricotta toast gets topped with cannellini beans and roasted red peppers for a colorful and tasty open-face sandwich.

- ½ cup part-skim ricotta cheese
- 2 tablespoons chopped mixed fresh herbs
- 2 slices seeded sourdough bread, toasted
- 1 cup rinsed no-salt-added canned cannellini beans, heated
- 2 tablespoons chopped roasted red bell peppers

Mix ricotta and herbs in a small bowl. Evenly spread the mixture on each toast slice. Top each with ½ cup beans and 1 tablespoon peppers.

SERVINGS 2 **SERVING SIZE** 1 TOAST **CALORIES** 320 **CARBOHYDRATES** 42G **DIETARY FIBER** 6G **TOTAL SUGARS** 2G **PROTEIN** 15G **TOTAL FAT** 9G **SATURATED FAT** 3G **CHOLESTEROL** 54MG **SODIUM** 377MG **POTASSIUM** 348MG

15 MINUTES

Arugula & Cucumber Salad with Tuna

ACTIVE TIME: 15 min
TOTAL TIME: 15 min

Spicy baby arugula pairs with crisp Persian cucumbers and celery in this refreshing salad. Italian Castelvetrano olives offer a mild, buttery flavor that doesn't compete with the taste of the tuna. If you want more punch from your olives, Niçoise olives or Kalamata olives would work well too.

- 3 tablespoons chopped fresh basil
- 1 tablespoon white-wine vinegar
- 1½ teaspoons lemon juice
- ½ teaspoon salt
- 3 tablespoons extra-virgin olive oil
- ¾ cup thinly sliced celery
- ¾ cup thinly sliced Persian or English cucumber
- 1 (5 ounce) package baby arugula
- 8 pitted Castelvetrano olives, quartered (about ⅓ cup)
- 2 (6.7 ounce) packages no-salt-added tuna fillets in water, drained

1. Whisk basil, vinegar, lemon juice and salt together in a large bowl. Add oil; whisk to combine. Add celery, cucumber, arugula and olives; toss to coat.
2. Divide among 4 bowls. Flake tuna on top of each bowl.

SERVINGS 4 **SERVING SIZE** 1½ CUPS **CALORIES** 232 **CARBOHYDRATES** 2G **DIETARY FIBER** 1G **TOTAL SUGARS** 1G **PROTEIN** 26G **TOTAL FAT** 13G **SATURATED FAT** 2G **CHOLESTEROL** 29MG **SODIUM** 519MG

5 INGREDIENTS

Roasted Cauliflower & Curry Soup

ACTIVE TIME: 15 min
TOTAL TIME: 45 min

Curry paste adds spice to this antioxidant-rich soup. To mellow the heat, swap yellow curry paste for the red for a milder flavor. Got leftover curry paste? It will stay fresh for two weeks stored in the fridge. Use it to toss with roasted veggies, in marinades or in other healthy recipes that call for curry.

- 8 cups fresh cauliflower florets
- 1 large sweet onion, peeled and quartered
- 3 tablespoons extra-virgin olive oil
- ½ teaspoon salt
- ½ teaspoon ground pepper
- 1 (13.5 ounce) can coconut milk, well shaken and stirred
- 2 tablespoons fresh lime juice
- 1 tablespoon red curry paste
- 1 cup water, as needed

1. Preheat oven to 450°F. Line a large rimmed baking sheet with foil.
2. Toss cauliflower and onion with oil, salt and pepper in a large bowl. Spread in an even layer on the prepared baking sheet. Roast, stirring once, until tender and lightly charred, about 30 minutes.
3. Reserve about ½ cup cauliflower for garnish. Transfer onion and the remaining cauliflower to a blender; add coconut milk, lime juice and curry paste. Secure the lid on the blender and remove the center piece to allow steam to escape. Place a clean towel over the opening. Process until smooth, about 1 minute. Stir in water as needed to reach desired consistency.
4. Divide the soup among 4 bowls. Top with the reserved cauliflower.

SERVINGS 4 **SERVING SIZE** 1½ CUPS SOUP & 2 TBSP. ROASTED CAULIFLOWER **CALORIES** 347 **CARBOHYDRATES** 21G **DIETARY FIBER** 5G **TOTAL SUGARS** 8G **PROTEIN** 7G **TOTAL FAT** 29G **SATURATED FAT** 18G **SODIUM** 440MG

5 INGREDIENTS | 15 MINUTES

Creamy Rotisserie Chicken Salad

ACTIVE TIME: 5 min
TOTAL TIME: 5 min

We put a flavor twist on the classic chicken salad by using a lemon-herb mayonnaise. Try other mayo varieties, such as roasted garlic or chipotle lime, in this fast, no-cook recipe. Serve with whole-grain crackers.

- 2 cups chopped rotisserie chicken
- ¾ cup chopped celery
- ⅓ cup lemon-herb aioli
- Cracked black pepper

Combine chicken and celery in a medium bowl. Fold in mayonnaise and mix well to combine. Season with pepper.

SERVINGS 4 **SERVING SIZE** ¾ CUP **CALORIES** 230 **CARBOHYDRATES** 1G **PROTEIN** 21G **TOTAL FAT** 16G **SATURATED FAT** 3G **CHOLESTEROL** 72MG **SODIUM** 365MG

5 INGREDIENTS | 15 MINUTES

Brie & Blackberry Jam Grilled Cheese

ACTIVE TIME: 5 min
TOTAL TIME: 15 min

This irresistible sandwich pairs creamy Brie with a sweet-and-savory blackberry jam spread for the perfect ultra-quick lunch or dinner. You can easily double the recipe using a medium pan, or use a sandwich press if you have one on hand.

- 1 tablespoon blackberry jam
- 1 teaspoon whole-grain mustard
- ½ teaspoon finely chopped fresh rosemary
- 2 slices whole-grain sandwich bread, preferably country-style
- 3 slices Brie cheese (2 ounces)
- Cooking spray

1. Stir the jam, mustard and rosemary together in a small bowl. Spread the mixture evenly on 1 side of 1 bread slice. Top with the Brie and the second bread slice.

2. Coat a small nonstick skillet with cooking spray; heat over medium-low heat. Coat the outsides of both bread slices with cooking spray. Place the sandwich in the heated skillet; cover and cook until the bottom is golden, about 3 minutes. Flip, cover and cook until golden on the bottom and the cheese has melted, 2 to 3 minutes more.

SERVINGS 1 **SERVING SIZE** 1 SANDWICH **CALORIES** 411 **CARBOHYDRATES** 42G **DIETARY FIBER** 4G **TOTAL SUGARS** 13G **PROTEIN** 20G **TOTAL FAT** 18G **SATURATED FAT** 10G **CHOLESTEROL** 57MG **SODIUM** 711MG

15 MINUTES

Chicken & Cabbage Salad with Nuoc Cham Dressing

ACTIVE TIME: 15 min
TOTAL TIME: 15 min

Best known as a Vietnamese dipping sauce, nuoc cham typically combines sugar, lime juice and fish sauce, striking the perfect balance between sweet, sour and salty. Here, it ties together crunchy vegetables, tons of fresh herbs and cooked chicken breast for a refreshing chicken salad. Serve combined with glass noodles or inside a lettuce leaf. For a slightly different take, swap out the cooked chicken for thin slices of grilled steak.

- 2 tablespoons lime juice
- 2 tablespoons canola oil
- 2 teaspoons light brown sugar
- 2 teaspoons fish sauce
- ¼ teaspoon salt
- ¼ teaspoon refrigerated garlic paste
- 4 cups thinly sliced red or green cabbage
- 2 cups shredded cooked chicken breast (about 8 ounces)
- 1 cup matchstick carrots
- 1 cup fresh bean sprouts
- ¼ cup fresh mint leaves
- ¼ cup fresh basil leaves
- ¼ cup fresh cilantro leaves

Whisk lime juice, oil, brown sugar, fish sauce, salt and garlic paste together in a large bowl. Add cabbage, chicken, carrots, sprouts, mint, basil and cilantro; toss to combine and coat with dressing.

SERVINGS 4 **SERVING SIZE** 2 CUPS **CALORIES** 208 **CARBOHYDRATES** 12G **DIETARY FIBER** 3G **TOTAL SUGARS** 7G **ADDED SUGARS** 2G **PROTEIN** 20G **TOTAL FAT** 9G **SATURATED FAT** 1G **CHOLESTEROL** 48MG **SODIUM** 473MG

5 INGREDIENTS | 15 MINUTES

Curried Butternut Squash Soup with Crispy Halloumi

ACTIVE TIME: 15 min
TOTAL TIME: 15 min

Convenience foods help you make a healthy meal in minutes. We enhanced boxed butternut squash soup with curry powder, then topped it with halloumi cheese. Serve with warm whole-grain pita.

- 1 (32 ounce) carton low-sodium butternut squash soup
- 1 teaspoon curry powder
- 4 ounces halloumi cheese, sliced into ½-inch pieces
- 1 teaspoon olive oil
- 4 teaspoons toasted pepitas

1. Heat soup according to package directions. Whisk in curry powder and simmer for 3 minutes.
2. Pat cheese slices dry with a paper towel. Brush both sides with oil. Sear in a heavy pan over medium-high heat until golden brown, 1 to 2 minutes per side.
3. Serve the soup topped with the cheese and pepitas.

SERVINGS 4 **SERVING SIZE** 1 CUP SOUP, 1 OZ. HALLOUMI & 1 TSP. PEPITAS **CALORIES** 203 **CARBOHYDRATES** 17G **DIETARY FIBER** 3G **TOTAL SUGARS** 4G **ADDED SUGARS** 4G **PROTEIN** 9G **TOTAL FAT** 13G **SATURATED FAT** 6G **CHOLESTEROL** 20MG **SODIUM** 564MG

5 INGREDIENTS | 15 MINUTES

Sun-Dried Tomato & Tuna Panini

ACTIVE TIME: 15 min
TOTAL TIME: 15 min

Sun-dried tomatoes and mozzarella work well together in this easy tuna sandwich. Serve with a green salad with a red-wine vinaigrette for a light lunch or dinner.

- Half (5 ounce) can chunk-light tuna in water, drained
- 4 finely chopped sun-dried tomatoes
- 1 tablespoon mayonnaise
- Pinch of salt
- 2 slices sprouted whole-wheat bread
- ¼ cup shredded fresh mozzarella
- 2 teaspoons extra-virgin olive oil

1. Combine tuna, sun-dried tomatoes, mayonnaise and salt in a small bowl. Spread the tuna mixture on 1 slice of bread, top with mozzarella and another slice of bread.

2. Brush the bread with oil. Cook the sandwich in a panini maker or in a small skillet over medium heat until toasted.

SERVINGS 1 **SERVING SIZE** 1 SANDWICH **CALORIES** 583 **CARBOHYDRATES** 45G **DIETARY FIBER** 11G **TOTAL SUGARS** 8G **PROTEIN** 27G **TOTAL FAT** 34G **SATURATED FAT** 9G **CHOLESTEROL** 49MG **SODIUM** 786MG

15 MINUTES

Spicy White Bean & Spinach Salad

ACTIVE TIME: 15 min
TOTAL TIME: 15 min

In this light and refreshing salad, we season white beans with ras el hanout, a Moroccan spice blend that features cinnamon, cumin, turmeric, ginger, cardamom and ground black and red pepper. If you prefer a creamier texture, gently mash some of the beans as you stir everything together. The bean salad is served on a bed of lightly dressed spinach that pairs well with the beans but also with grilled chicken or steak kebabs another night.

- 2 (15 ounce) cans no-salt-added cannellini beans, rinsed
- ⅓ cup whole-milk plain yogurt
- ¾ teaspoon ras el hanout
- ½ teaspoon refrigerated garlic paste
- ½ teaspoon salt
- ½ teaspoon honey
- 2 tablespoons extra-virgin olive oil
- 1 tablespoon red-wine vinegar
- 1 tablespoon harissa paste
- 1 (5 ounce) package baby spinach
- 1 cup julienned carrots
- ¼ cup unsalted roasted almonds, chopped
- 3 tablespoons golden raisins

1. Combine beans, yogurt, ras el hanout, garlic paste, salt and honey in a medium bowl; stir to incorporate, coarsely

mashing beans, if desired.
2. Whisk oil, vinegar and harissa together in a large bowl. Add spinach, carrots, almonds and raisins; toss to coat. Serve with the bean salad.

SERVINGS 4 **SERVING SIZE** ¾ CUP BEAN SALAD & ABOUT 1¾ CUPS SPINACH MIXTURE **CALORIES** 322 **CARBOHYDRATES** 38G **DIETARY FIBER** 10G **TOTAL SUGARS** 9G **ADDED SUGARS** 1G **PROTEIN** 13G **TOTAL FAT** 14G **SATURATED FAT** 2G **CHOLESTEROL** 3MG **POTASSIUM** 521MG

15 MINUTES

Miso Vegetable Cup Soup

ACTIVE TIME: 10 min
TOTAL TIME: 15 min

This soup is packed with gut-healthy ingredients like miso, a fermented paste that may improve digestion and reduce gas and bloating. The base of the soup is prepared in advance and stored in separate containers. Simply add the broth and heat it in the microwave. If you don't want to travel with broth or don't have access to a microwave, you can use reduced-sodium bouillon instead; just add hot water. Cover and let the soup stand for 10 minutes before serving.

- 1 tablespoon water
- 2 teaspoons white miso
- 1 teaspoon toasted sesame oil
- 1 cup cooked brown rice
- 1 cup cooked shelled frozen edamame
- 1 small head baby bok choy, thinly sliced
- ¾ cup sliced scallions, divided
- 1 (7 ounce) package sesame-ginger baked tofu, drained and cubed (½ inch)
- 1½ teaspoons lime juice
- 1½ teaspoons grated fresh ginger
- 2¼ cups reduced-sodium vegetable broth, divided
- Lime wedges for serving (optional)

1. Whisk water, miso and sesame oil in a small bowl; divide among 3 (1-pint) canning jars or microwaveable airtight containers (about 2 teaspoons each). Top each with ⅓ cup rice, ⅓ cup edamame, ⅓ cup bok choy, ¼ cup scallions, ½ cup tofu, ½ teaspoon lime juice and ½ teaspoon ginger. Cover and refrigerate for up to 3 days.
2. To prepare 1 jar of soup: Add ¾ cup broth to the jar. Microwave, uncovered, on high in 1-minute increments, stirring between, until the soup is steaming hot and the vegetables are tender, 2 to 3 minutes. Let cool for 5 minutes. Serve with a lime wedge, if desired.

SERVINGS 3 **SERVING SIZE:** 1½ CUPS **CALORIES** 267 **CARBOHYDRATES** 27G **DIETARY FIBER** 6G **TOTAL SUGARS** 5G **ADDED SUGARS** 0G **PROTEIN** 16G **TOTAL FAT** 10G **SATURATED FAT** 2G **SODIUM** 499MG

15 MINUTES

Cucumber–Tuna Salad Sandwich

ACTIVE TIME: 15 min
TOTAL TIME: 15 min

Cucumber adds refreshing crunch to the creamy tuna salad in this sandwich. We opted for strained yogurt to reduce the saturated fat and give the dressing some tanginess. Add some relish, chopped celery or pickled peppers to the tuna mixture to boost the flavor even more. Serve with potato chips, chopped fresh veggies or bagel chips on the side.

- 1 (5 ounce) can no-salt-added solid white tuna in water, drained
- 3 tablespoons reduced-fat plain strained yogurt
- 1 tablespoon extra-virgin olive oil
- 1 tablespoon lemon juice
- 1 tablespoon finely chopped shallot
- 1 tablespoon finely chopped fresh chives
- 1 tablespoon chopped fresh dill
- ½ teaspoon garlic powder
- ¼ teaspoon ground pepper
- ⅛ teaspoon salt
- 2 slices whole-wheat bread
- ½ cup thinly sliced Persian cucumbers

1. Stir tuna, yogurt, oil, lemon juice, shallot, chives, dill, garlic powder, pepper and salt together in a small bowl until well blended.
2. Spread the tuna mixture on 1 side of each bread slice.
3. Arrange cucumber slices on 1 slice; top with the remaining slice. Cut the sandwich in half diagonally before serving.

SERVINGS 1 **SERVING SIZE** 1 SANDWICH
CALORIES 445 **CARBOHYDRATES** 30G **DIETARY FIBER** 4G **TOTAL SUGARS** 5G **ADDED SUGARS** 0G **PROTEIN** 40G **TOTAL FAT** 20G **SATURATED FAT** 4G **CHOLESTEROL** 32MG **SODIUM** 676MG **POTASSIUM** 712MG

15 MINUTES

Chicken & Beet Salad

ACTIVE TIME: 15 min
TOTAL TIME: 15 min

Tart cherry juice concentrate adds flavor and helps fight inflammation when teamed up with other anti-inflammatory foods like beets and walnuts in this quick salad. Buying packaged cooked beets cuts down on time (and mess). Look for them in the produce section where other prepared vegetables are sold.

- ¼ cup extra-virgin olive oil
- 2 tablespoons tart cherry juice concentrate
- 1 tablespoon white balsamic vinegar
- 1 teaspoon salt
- ¼ teaspoon ground pepper
- ¼ teaspoon grated lime zest
- 1 (5 ounce) package spring mix salad greens
- 2½ cups chopped or shredded cooked chicken breast (10 ounces)
- 1 (6.7 to 8.8 ounce) package cooked beets, quartered
- ¾ cup shaved Brussels sprouts
- ½ cup crumbled goat cheese
- ¼ cup chopped walnuts, toasted

1. Whisk oil, cherry juice concentrate, vinegar, salt, pepper and lime zest in a large bowl.
2. Add salad greens, chicken, beets and Brussels sprouts; toss to coat. Divide the salad among 4 plates; top with goat cheese and walnuts.

SERVINGS 4 **SERVING SIZE** 2 CUPS
CALORIES 380 **CARBOHYDRATES** 15G **DIETARY FIBER** 3G **TOTAL SUGARS** 10G **PROTEIN** 24G **TOTAL FAT** 25G **SATURATED FAT** 6G **CHOLESTEROL** 59MG **SODIUM** 727MG **POTASSIUM** 442MG

5 INGREDIENTS | 15 MINUTES

White Bean & Cherry Tomato Salad

ACTIVE TIME: 5 min
TOTAL TIME: 5 min

This three-ingredient lunch takes a packaged salad kit to the next level with the addition of two pantry staples: cherry tomatoes and white beans. The Mediterranean flavor profile works well here, but another mix would be just as simple and satisfying.

- 1 (11.5 ounce) Mediterranean-style salad kit
- 1 (15 ounce) can no-salt-added white beans, rinsed
- 1 pint cherry tomatoes, halved if desired

Combine salad kit contents, white beans and tomatoes in a large bowl; toss to combine.

SERVINGS 2 **SERVING SIZE** 3 CUPS
CALORIES 387 **CARBOHYDRATES** 49G
DIETARY FIBER 12G **TOTAL SUGARS** 14G
ADDED SUGARS 8G **PROTEIN** 13G
TOTAL FAT 15G **SATURATED FAT** 2G
CHOLESTEROL 8MG **SODIUM** 563MG
POTASSIUM 1075MG

15 MINUTES

Tomato Sandwich with Herbed Cream Cheese

ACTIVE TIME: 10 min
TOTAL TIME: 10 min

This classic tomato sandwich features a lovely combination of sweet, juicy tomatoes and herbed cream cheese. You can make a big batch of the cream cheese mixture and have it on hand to spread on bagels or crackers. For a boost of protein, add smoked salmon or sliced turkey or chicken.

- 2 ounces cream cheese, at room temperature
- 1 tablespoon low-fat plain strained yogurt
- 1 tablespoon sliced fresh chives
- 1 tablespoon chopped fresh dill
- ¼ teaspoon ground pepper
- 2 slices whole-wheat sandwich bread, lightly toasted
- 4 slices tomato (¼ inch thick)

Stir cream cheese, yogurt, chives, dill and pepper together in a small bowl until well combined. Spread the mixture evenly on 1 side of each toast slice. Arrange tomatoes on 1 slice; top with the other slice, spread side down. Cut in half diagonally before serving.

SERVINGS 1 **SERVING SIZE** 1 SANDWICH **CALORIES** 374 **CARBOHYDRATES** 33G **DIETARY FIBER** 5G **TOTAL SUGARS** 8G **PROTEIN** 13G **TOTAL FAT** 22G **SATURATED FAT** 12G **CHOLESTEROL** 59MG **SODIUM** 444MG **POTASSIUM** 534MG

5 INGREDIENTS | 15 MINUTES

Cucumber & Roasted Red-Pepper Hummus Wrap

ACTIVE TIME: 5 min
TOTAL TIME: 5 min

This easy vegetarian wrap makes a great grab-and-go lunch for work or school. Roasted red-pepper hummus adds color and a little extra flavor, but any hummus will work well here. Cucumber, sprouts, salad greens or spinach all add a refreshing crunch. For a peppery kick, try using arugula.

- 1 (8 inch) whole-wheat tortilla
- ¼ cup roasted red-pepper hummus
- 1 mini cucumber, sliced (½ cup)
- ½ cup mixed salad greens, spinach or sprouts

Place tortilla on a clean work surface. Spread hummus on the tortilla. Top with cucumber slices and greens (or spinach or sprouts). Roll up the tortilla and cut in half to serve.

SERVINGS 1 **SERVING SIZE** 1 WRAP
CALORIES 249 **CARBOHYDRATES** 29G
DIETARY FIBER 4G **TOTAL SUGARS** 1G
PROTEIN 8G **TOTAL FAT** 11G **SATURATED FAT** 2G **SODIUM** 418MG **POTASSIUM** 164MG

15 MINUTES

Green Goddess Tuna Salad

ACTIVE TIME: 10 min
TOTAL TIME: 10 min

Canned tuna makes this recipe convenient and pantry friendly while also offering an impressive punch of protein and omega-3 fatty acids. Salmon, sardines or mackerel would work just as well. Use the remaining herb sauce as a dressing for salads or grain bowls, as a spread on sandwiches or as a dip for vegetables. You can easily double the recipe to make a big batch to meal-prep for the week.

- 1 large clove garlic, peeled
- ½ medium shallot, peeled
- 1 cup fresh herbs with tender stems, such as dill, cilantro, basil, parsley and/or chives, plus more for garnish
- ½ cup lemon juice or lime juice
- ¼ cup extra-virgin olive oil
- ¼ cup whole-milk plain strained yogurt
- ½ teaspoon salt
- ¼ teaspoon honey
- ⅛ teaspoon ground pepper or crushed red pepper, plus more for garnish
- 2 (5 ounce) cans no-salt-added water-packed tuna, drained

1. Place garlic in a food processor; pulse until chopped, about 5 seconds. Add shallot; pulse until chopped, about 5 seconds. Add herbs, lemon (or lime) juice, oil, yogurt, salt, honey and pepper (or crushed red pepper); process until totally combined and smooth, about 1 minute, scraping down sides as needed.

2. Place tuna in a medium bowl and gently flake with a fork. Pour half of the dressing (about ⅓ cup) over the tuna; stir to combine. (Reserve the remaining dressing for another use.) Garnish with herbs and pepper, if desired.

SERVINGS 2 **SERVING SIZE:** ¾ CUP
CALORIES 278 **CARBOHYDRATES** 4G **DIETARY FIBER** 0G **TOTAL SUGARS** 2G **ADDED SUGARS** 0G **PROTEIN** 31G **TOTAL FAT** 15G **SATURATED FAT** 3G **CHOLESTEROL** 36MG **SODIUM** 355MG

THESE SNACKS ARE BANANAS

Tasty, satisfying, and easy to pack: It's no secret why bananas are America's top-selling fruit. Here's how to make a good thing even better.

BY SARA HAAS, RD

Banana Tahini Toast

Spread 1 Tbsp. tahini on 1 slice whole-wheat toast. Top with 1 sliced banana, drizzle with 1 tsp. honey and sprinkle with a pinch of flaky sea salt.

Banana Nice Cream Sundae

Puree 1 cup frozen sliced banana (about 1 large banana) in a food processor until smooth. Transfer to a small bowl and top with ¼ cup crushed pretzels, 1 Tbsp. unsalted roasted peanuts and 1 tsp. mini chocolate chips.

Banana-Carrot Smoothie

Soak 1 Medjool date in 2 Tbsp. hot water for 5 minutes. Combine in a blender with 1 banana, ½ cup each low-fat plain kefir, shredded carrots and ice cubes, plus a pinch of ground ginger. Blend until smooth.

Banana Chia Pudding

Mash 1 banana in a small bowl. Whisk in ½ cup unsweetened plain almond milk, 2 Tbsp. chia seeds and 2 tsp. pure maple syrup. Refrigerate for at least 1 hour and up to 3 days. Stir and top with 1 crumbled vanilla wafer cookie.

Peanut Butter & Hemp Banana

Spread 1 Tbsp. peanut butter over 1 banana and roll in 1 tsp. hemp hearts.

Dinner Tonight

Savoring a healthy and delicious evening meal has never been easier.

15 MINUTES

Tajín Shrimp Tacos with Cabbage Slaw

ACTIVE TIME: 15 min
TOTAL TIME: 15 min

Tajín, a Mexican chile-lime seasoning, adds a spicy, acidic punch to sweet and mild shrimp. Opt for a low-sodium chile-lime seasoning or improvise by combining chili powder, a little lime zest and a healthy squeeze of lime juice. Look for pineapple that's already been peeled and cored for speedier prep.

- 2 cups shredded tricolor coleslaw mix
- 1 cup chopped fresh pineapple
- 2 tablespoons extra-virgin olive oil, divided
- 12 ounces large peeled and deveined raw shrimp (about 20 shrimp), patted dry
- 1½ teaspoons lower-sodium chile-lime seasoning (such as Tajín)
- 8 (6 inch) corn tortillas, warmed
- Lime wedges for serving (optional)

1. Toss coleslaw mix, pineapple and 1 tablespoon oil in a medium bowl until evenly coated. Set aside at room temperature.
2. In another medium bowl, toss shrimp with chile-lime seasoning until evenly coated.
3. Heat the remaining 1 tablespoon oil in a large cast-iron skillet over medium-high heat until shimmering. Add the shrimp; cook, undisturbed, until mostly cooked through and golden brown on the bottoms, 2 to 3 minutes. Flip the shrimp; cook, stirring often, until opaque and fully cooked through, 30 seconds to 1 minute.
4. Divide the shrimp among 8 tortillas; top each with coleslaw mixture. Serve with lime wedges, if desired.

SERVINGS 4 **SERVING SIZE** 2 TACOS **CALORIES** 258 **CARBOHYDRATES** 30G **DIETARY FIBER** 5G **TOTAL SUGARS** 6G **PROTEIN** 15G **TOTAL FAT** 9G **SATURATED FAT** 1G **CHOLESTEROL** 107MG **SODIUM** 790MG

15 MINUTES

Linguine with Creamy White Clam Sauce

ACTIVE TIME: 15 min
TOTAL TIME: 15 min

Ripe tomato and fresh basil give this quick recipe tons of flavor. Serve with crusty garlic bread and steamed green beans.

- 8 ounces whole-wheat linguine
- 1 (16 ounce) container chopped clams (thawed if frozen) or two (10 ounce) cans whole baby clams
- 3 tablespoons extra-virgin olive oil
- 3 cloves garlic, chopped
- ¼ teaspoon crushed red pepper
- 1 tablespoon lemon juice
- ¼ teaspoon salt
- 1 large tomato, chopped
- ¼ cup chopped fresh basil, plus more for garnish
- 2 tablespoons heavy cream or half-and-half

1. Bring a large saucepan of water to a boil. Add pasta and cook until just tender, about 8 minutes or according to package directions. Drain.
2. Meanwhile, drain clams, reserving ¾ cup of the liquid. Heat oil in a large skillet over medium-high heat. Add garlic and crushed red pepper and cook, stirring, for 30 seconds. Add the reserved clam liquid, lemon juice and salt; bring to a simmer and cook until slightly reduced, 2 to 3 minutes. Add tomato and the clams; bring to a simmer and cook for 1 minute more. Remove from heat.
3. Stir in basil and cream (or half-and-half). Add the pasta and toss to coat with the sauce. Garnish with more basil if desired.

SERVINGS 4 **SERVING SIZE** 1¼ CUPS
CALORIES 421 **CARBOHYDRATES** 52G
DIETARY FIBER 8G **TOTAL SUGARS** 4G
PROTEIN 22G **TOTAL FAT** 17G **SATURATED FAT** 4G **CHOLESTEROL** 48MG **SODIUM** 372MG

15 MINUTES

Sheet-Pan Chicken Tenders & Broccoli with Everything Bagel Seasoning

ACTIVE TIME: 15 min
TOTAL TIME: 15 min

Dinner is ready in 15 minutes and cleanup is a breeze with these chicken tenders coated in everything bagel seasoning with fresh broccoli on the side. The three-ingredient dipping sauce adds just a hint of sweet and spice.

- 3 tablespoons extra-virgin olive oil, divided
- 4 teaspoons everything bagel seasoning, divided
- ½ teaspoon ground pepper, divided
- 1 (12 ounce) package broccoli florets (about 6 cups)
- 1 pound chicken tenders
- ⅓ cup low-fat plain strained yogurt
- 1 tablespoon Dijon mustard
- 2 teaspoons honey

1. Place rack in upper third of oven. Preheat broiler to high. Line a large rimmed baking sheet with foil.
2. Combine 2 tablespoons oil, 2 teaspoons bagel seasoning and ¼ teaspoon pepper in a large bowl. Add broccoli; stir to coat, then spread evenly on one half of the prepared baking sheet.
3. Combine the remaining tablespoon oil, 2 teaspoons bagel seasoning and ¼ teaspoon pepper in the bowl. Add chicken and stir to coat. Arrange on the empty side of the baking sheet. Broil, turning the pan once, until the chicken is cooked through and the broccoli is tender and browned, about 8 minutes.
4. Meanwhile, combine yogurt, mustard and honey in a small bowl. Serve the sauce with the chicken and broccoli.

SERVINGS 4 **SERVING SIZE** ABOUT 2 TENDERS, ¾ CUP BROCCOLI & 2 TBSP. SAUCE **CALORIES** 273 **CARBOHYDRATES** 8G **DIETARY FIBER** 2G **TOTAL SUGARS** 5G **PROTEIN** 31G **TOTAL FAT** 12G **SATURATED FAT** 2G **CHOLESTEROL** 57MG **SODIUM** 506MG

5 INGREDIENTS

Black Bean Patties

ACTIVE TIME: 15 min
TOTAL TIME: 1 hr 25 min

These super-easy, super-savory patties will please vegetarians and meat eaters alike. Make them big or small: The larger patties are perfect for burger buns topped with your favorite additions and condiments, while smaller ones can be enjoyed as a salad topper or sandwiched inside pita bread. They work well with any unsalted canned beans as long as you follow the steps to get them as dry as possible before mixing.

- 2 (15 ounce) cans no-salt-added black beans, rinsed
- 2 large eggs
- ½ cup whole-wheat panko breadcrumbs
- 2 tablespoons vegan Worcestershire sauce
- 2 teaspoons ground cumin
- ¾ teaspoon salt
- ½ teaspoon ground pepper

1. Preheat oven to 375°F. Line a large plate or rimmed baking sheet with paper towels. Evenly spread rinsed beans over the paper towels in a single layer; cover with an additional paper towel. Let stand at room temperature to absorb as much liquid as possible, at least 10 minutes or up to 1 hour.
2. Place eggs, panko, Worcestershire, cumin, salt and pepper in a food processor. Process until mostly smooth, about 10 seconds. Add the beans; pulse until just combined and some small chunks of bean remain, 8 to 10 pulses.
3. Transfer the mixture to a medium bowl. Cover and refrigerate for 30 minutes.
4. Portion the mixture into 6 patties, about ½ cup each. (For smaller servings, make 48 patties, about 1 tablespoon each.) Arrange the patties on a large rimmed baking sheet lined with parchment paper, leaving ½-inch spaces between patties. Using your hands or the back of a measuring cup, press each patty into a 3½-inch circle about ¼-inch thick. (For the smaller patties, press each into a 1½-inch circle.) Bake until a crust forms and the edges just begin to turn golden brown, about 20 minutes (for the smaller patties, 12 to 15 minutes). Let rest on the pan for 5 minutes before serving.

SERVINGS 6 **SERVING SIZE** 1 LARGE PATTY (OR 8 SMALL PATTIES) **CALORIES** 165 **CARBOHYDRATES** 24G **DIETARY FIBER** 7G **PROTEIN** 10G **TOTAL FAT** 3G **SATURATED FAT** 1G **CHOLESTEROL** 62MG **SODIUM** 398MG

15 MINUTES

Steak Enchilada Skillet

ACTIVE TIME: 15 min
TOTAL TIME: 15 min

This one-skillet dinner is a breeze to pull together, making it perfect for busy weeknights, plus it's easy to riff on depending on your preferences. Flour tortillas are cooked right in the skillet with everything else. Add them gradually to prevent them from sticking together. For a slightly different flavor and firmer texture, swap out the flour tortillas for corn tortillas.

- 1 tablespoon extra-virgin olive oil
- 1 pound sirloin steak, thinly sliced
- 1 (1 ounce) packet 30%-lower-sodium taco seasoning
- 1 cup frozen corn kernels, thawed
- 1 cup red enchilada sauce
- 1 (15 ounce) can no-salt-added black beans, rinsed
- ½ cup shredded Mexican cheese blend
- 4 (6 inch) whole-wheat tortillas, cut into 1-inch strips
- 2 cups hot cooked brown rice
- ¼ cup chopped fresh cilantro

1. Heat a large cast-iron skillet over medium-high heat for 5 minutes. Add oil; swirl to coat. Add steak and taco seasoning; cook, stirring occasionally, until steak is browned, about 5 minutes. Transfer to a plate. Do not wipe the pan.
2. Add corn, enchilada sauce and black beans to the pan; stir with a wooden spoon, scraping the bottom of the pan to incorporate browned bits. Bring to a simmer over medium-high heat. Reduce heat to medium-low. Add cheese; cook, stirring, until the cheese is melted and sauce is creamy, 1 to 2 minutes. Gently stir in tortilla strips and the steak. Serve over rice and sprinkle with cilantro.

SERVINGS 4 **SERVING SIZE** ABOUT 1¾ CUPS **CALORIES** 730 **CARBOHYDRATES** 67G **DIETARY FIBER** 10G **TOTAL SUGARS** 4G **PROTEIN** 39G **TOTAL FAT** 34G **SATURATED FAT** 14G **CHOLESTEROL** 119MG **SODIUM** 620MG

5 INGREDIENTS 15 MINUTES

Chicken Fajita Quesadillas

ACTIVE TIME: 10 min
TOTAL TIME: 10 min

Using presliced onions and peppers plus a taco seasoning blend helps keep the ingredient list (and prep time) short. If you like a little heat, use pepper Jack cheese in the filling.

- 1 tablespoon extra-virgin olive oil
- ½ cup sliced bell peppers and onions, coarsely chopped
- 4 ounces shredded cooked chicken
- 1 teaspoon reduced-sodium taco seasoning
- 2 (8 inch) whole-wheat tortillas
- ½ cup shredded Mexican cheese blend

1. Heat oil in a large nonstick skillet over medium-high. Add peppers and onions; cook, stirring occasionally, until crisp-tender, about 2 minutes. Add chicken and taco seasoning; cook, stirring occasionally, until the chicken is heated through, about 2 minutes. Transfer the mixture to a small bowl. Wipe the skillet clean.
2. Place tortillas on a cutting board. Sprinkle each with ¼ cup cheese. Spread about ½ cup chicken mixture across the bottom half of each tortilla and fold the top half over the chicken.
3. Coat the skillet with cooking spray and heat over medium. Add the quesadillas and cook until they are browned and the cheese has melted, about 1 minute per side.

SERVINGS 2 **SERVING SIZE** 1 QUESADILLA **CALORIES** 415 **CARBOHYDRATES** 29G **DIETARY FIBER** 4G **TOTAL SUGARS** 5G **ADDED SUGARS** 0G **PROTEIN** 29G **TOTAL FAT** 19G **SATURATED FAT** 7G **CHOLESTEROL** 75MG **SODIUM** 542MG

15 MINUTES

Salt & Pepper Shrimp with Snow Peas

ACTIVE TIME: 15 min
TOTAL TIME: 15 min

In China, salt and pepper shrimp is traditionally made with tongue-numbing Sichuan peppercorns. If you have some in the pantry, feel free to use them here; we opted for a combo of easier-to-find white and black pepper. The white pepper adds earthy flavor, while black kicks up the heat.

- 1 pound shell-on deveined raw shrimp (36 to 40 per pound)
- 3 tablespoons cornstarch
- ¾ teaspoon salt, divided
- 1 teaspoon ground black pepper
- 1 teaspoon ground white pepper
- 5 tablespoons canola oil, divided
- 1 pound snow peas
- 1 serrano or jalapeño pepper, thinly sliced
- 5 cloves garlic, thinly sliced
- ¼ cup water
- ½ cup chopped fresh cilantro

1. Toss shrimp with cornstarch, ½ teaspoon salt, black pepper and white pepper in a large bowl.
2. Heat 3 tablespoons oil in a large flat-bottom wok or cast-iron skillet over high heat until shimmering. Add half the shrimp and cook, stirring occasionally, until crisp and pink, about 2 minutes. Transfer to a plate with a slotted spoon. Add the remaining 2 tablespoons oil to the pan and repeat with the remaining shrimp. Sprinkle the shrimp with ⅛ teaspoon salt.
3. Add snow peas, serrano (or jalapeño) and garlic to the pan and cook, stirring occasionally, for 1 minute. Add water, cover and cook until the snow peas are just tender, about 2 minutes. Season with the remaining ⅛ teaspoon salt.
4. Serve the snow peas and shrimp topped with cilantro.

SERVINGS 4 **SERVING SIZE** 4 OZ. SHRIMP & 1 CUP SNOW PEAS **CALORIES** 316 **CARBOHYDRATES** 16G **DIETARY FIBER** 3G **TOTAL SUGARS** 4G **PROTEIN** 23G **TOTAL FAT** 18G **SATURATED FAT** 2G **CHOLESTEROL** 159MG **SODIUM** 561MG

5 INGREDIENTS

Baked Lemon-Pepper Chicken

ACTIVE TIME: 10 min
TOTAL TIME: 20 min

Looking for a quick, easy dinner to add to your go-to chicken-recipe collection? This is it. Here chicken breasts are cooked in a skillet, then finished in the oven with lemon slices that soften and become part of the sauce, with a touch of maple syrup and butter to carry the flavor. Serve with brown rice and steamed green beans.

- **4 (6 ounce) boneless, skinless chicken breasts**
- **½ teaspoon salt, plus ⅛ teaspoon, divided**
- **1 tablespoon extra-virgin olive oil**
- **1 medium lemon, thinly sliced**
- **2 tablespoons lemon juice**
- **1 tablespoon pure maple syrup**
- **2 tablespoons unsalted butter, cut into pieces**
- **1 teaspoon cracked pepper**

1. Preheat oven to 425°F.
2. Sprinkle chicken evenly with ½ teaspoon salt. Heat oil in a large ovenproof skillet over medium-high heat. Add the chicken; cook, undisturbed, until the underside is golden brown, about 4 minutes. Flip the chicken; arrange lemon slices around the chicken in the pan.
3. Transfer the skillet to the oven; bake until an instant-read thermometer inserted into the thickest portion of meat registers 165°F, about 10 minutes.
4. Transfer the chicken to a platter. Add lemon juice and maple syrup to the pan. Add butter, 1 piece at a time, stirring until it melts into the sauce. Stir in pepper and the remaining ⅛ teaspoon salt. Drizzle the sauce over the chicken.

SERVINGS 4 **SERVING SIZE** 1 CHICKEN BREAST & 2 TBSP. SAUCE
CALORIES 286 **CARBOHYDRATES** 7G
DIETARY FIBER 1G **TOTAL SUGARS** 3G
ADDED SUGARS 3G **PROTEIN** 35G
TOTAL FAT 13G **SATURATED FAT** 5G
CHOLESTEROL 109MG **SODIUM** 448MG

5 INGREDIENTS

Honey-Paprika-Glazed Steak & Onions

ACTIVE TIME: 30 min
TOTAL TIME: 30 min

We love the flavor of grilled onions with the steak in this recipe, but skewer up any veggies in your fridge—zucchini, cherry tomatoes and eggplant are all good choices. Just adjust the cooking time as necessary. Serve with a baked potato or brown rice pilaf flecked with herbs.

- 2 tablespoons honey
- 3 tablespoons extra-virgin olive oil, divided
- 1 teaspoon smoked paprika
- ¾ teaspoon kosher salt
- 1 pound skirt steak, trimmed
- 2 medium red onions, sliced into ½-inch-thick rings
- 4 sprigs fresh parsley for garnish

1. Preheat grill to medium-high.
2. Microwave honey in a small bowl on high for 10 seconds. Stir in 1 tablespoon oil, paprika, salt and ½ teaspoon pepper. Brush on both sides of steak. Thread onion slices onto skewers. Brush the onions with the remaining 2 tablespoons oil and season with pepper.
3. Grill the steak and onions, turning once, 6 to 7 minutes total for medium-rare steak, 12 minutes total for lightly charred and tender onions. Transfer the steak to a clean cutting board to rest for 5 minutes, then thinly slice against the grain. Serve with the onions. Garnish with parsley, if desired.

SERVINGS 4 **SERVING SIZE** 3 OZ. STEAK & ½ CUP ONIONS **CALORIES** 350 **CARBOHYDRATES** 14G **DIETARY FIBER** 1G **TOTAL SUGARS** 11G **ADDED SUGARS** 9G **PROTEIN** 26G **TOTAL FAT** 21G **SATURATED FAT** 5G **CHOLESTEROL** 78MG **SODIUM** 415MG

5 INGREDIENTS

Air-Fryer Broccoli & Cheese Baked Potatoes

ACTIVE TIME: 10 min
TOTAL TIME: 30 min

Tender baked potato halves are topped with a creamy Cheddar and broccoli filling, then air-fried to create crispy skins.

- 4 medium russet potatoes (about 6 or 7 ounces each)
- 1 cup reduced-fat milk, divided
- 2 tablespoons all-purpose flour
- ½ cup extra-sharp shredded Cheddar, divided
- 1 cup coarsely chopped broccoli florets
- ¼ teaspoon kosher salt
- ¼ teaspoon cayenne pepper
- Chopped chives for garnish

1. Pierce potatoes all over with a fork. Place on a microwave-safe plate; microwave on high for 5 minutes. Flip the potatoes and microwave for another 5 minutes.
2. Meanwhile, heat ¾ cup milk in a small saucepan to a simmer over medium-high heat. Whisk the remaining ¼ cup milk and flour in a small bowl until smooth. Add the flour mixture to the pan and whisk until smooth. Bring to a boil, whisking constantly. Remove from heat. Reserve 2 tablespoons Cheddar. Stir the remaining Cheddar into the pan until blended and smooth. Stir in broccoli, salt and cayenne.
3. Cut the potatoes in half. Gently mash the inside of each potato just until loose and crumbly. Layer 4 potato halves at a time in the basket of an air fryer. Top each with ¼ cup of the broccoli mixture, then divide 1 tablespoon Cheddar among the potatoes.
4. Cook the potatoes at 350°F until the cheese is melted and the skins are crispy, about 5 minutes. Repeat with the remaining potatoes, broccoli mixture and Cheddar.
5. Top the potatoes with chives, if desired, and serve.

SERVINGS 4 **SERVING SIZE** 2 STUFFED POTATO HALVES **CALORIES** 387 **CARBOHYDRATES** 46G **DIETARY FIBER** 4G **TOTAL SUGARS** 4G **PROTEIN** 12G **TOTAL FAT** 4G **SATURATED FAT** 2G **CHOLESTEROL** 14MG **SODIUM** 280MG

5 INGREDIENTS

Honey-Ginger Chicken

ACTIVE TIME: 20 min
TOTAL TIME: 50 min

Hoisin and honey combine for a sweet coating for tender chicken thighs in this easy stir-fry recipe. Serve it over steamed rice, or use it as a filling for lettuce wraps. Add a bag of frozen veggies to the wok after the chicken is finished cooking for a complete meal with a garnish of sliced scallions.

- 1½ tablespoons honey
- 1½ tablespoons hoisin sauce
- 1½ teaspoons rice vinegar
- ¼ teaspoon salt
- ¼ teaspoon ground pepper
- 1 pound boneless, skinless chicken thighs, cut into 1-inch pieces
- 2 tablespoons canola oil, divided
- 1 (2 inch) piece fresh ginger, peeled and cut into thin matchsticks

1. Whisk honey, hoisin, vinegar, salt and pepper in a medium bowl until combined. Add chicken; toss to coat. Cover and refrigerate for 30 minutes.
2. Heat 1 tablespoon oil in a large wok or skillet over high heat. Remove half of the chicken from the marinade; add to the pan. Cook, stirring often, until golden brown and just cooked through, 3 to 4 minutes. Transfer to a large plate. Do not wipe the pan.
3. Heat the remaining 1 tablespoon oil in the pan. Remove the remaining chicken from the marinade; add to the pan (reserve marinade). Cook, stirring often, until golden brown and just cooked through, 3 to 4 minutes.
4. Return the cooked chicken to the pan, along with any accumulated juices and leftover marinade; cook, stirring, until well incorporated, about 2 minutes. Add ginger; cook, stirring, until the sauce thickens and coats the chicken, about 1 minute.

SERVINGS 4 **SERVING SIZE** ABOUT 1 CUP **CALORIES** 239 **CARBOHYDRATES** 10G **TOTAL SUGARS** 8G **ADDED SUGARS** 8G **PROTEIN** 23G **TOTAL FAT** 12G **SATURATED FAT** 2G **CHOLESTEROL** 107MG **SODIUM** 363MG **POTASSIUM** 293MG

15 MINUTES

Pork Chops with White Wine & Capers

ACTIVE TIME: 15 min
TOTAL TIME: 15 min

Enjoy a restaurant-worthy dinner without leaving the house. Boneless pork chops are perfect for busy weeknights—they cook quickly and pair well with just about anything. Serve with a big green salad and crusty whole-grain bread to get every last bit of the savory sauce.

- 1 tablespoon extra-virgin olive oil
- 4 (4 ounce) boneless center-cut pork chops
- ½ teaspoon dried thyme, divided
- ½ teaspoon salt
- ¼ teaspoon ground pepper
- ¼ cup dry white wine
- ¾ cup unsalted chicken broth
- 1½ tablespoons drained capers
- 1 tablespoon water
- 2 teaspoons cornstarch
- 2 tablespoons unsalted butter

1. Heat oil in a large nonstick skillet over medium-high heat. Sprinkle pork chops with ¼ teaspoon thyme, salt and pepper. Arrange in a single layer in the skillet; cook until golden brown on the bottom, about 3 minutes. Flip and cook until lightly browned on the other side, about 1 minute. Transfer to a plate (the pork will not be fully cooked). Do not wipe out the pan.
2. Reduce heat to medium. Add wine; cook until reduced by half, about 1 minute. Stir in broth, capers and the remaining ¼ teaspoon thyme; bring to a boil. Return the pork chops to the pan; cook, undisturbed, until the sauce has reduced slightly and a thermometer inserted into the thickest portion registers 145°F, 3 to 5 minutes.
3. Meanwhile, whisk water and cornstarch together in a small bowl.
4. Transfer the pork chops to a clean plate. Drizzle the cornstarch mixture into the pan sauce, whisking constantly. Cook, whisking, until thickened, about 20 seconds. Add butter; cook, whisking constantly, until the butter is melted into the sauce, 30 seconds to 1 minute. Serve the sauce over the pork chops.

SERVINGS 4 **SERVING SIZE** 1 PORK CHOP & 2½ TBSP. SAUCE **CALORIES** 226 **CARBOHYDRATES** 2G **PROTEIN** 19G **TOTAL FAT** 14G **SATURATED FAT** 6G **CHOLESTEROL** 73MG **SODIUM** 472MG

5 INGREDIENTS

Balsamic Steak & Mushroom Skewers

ACTIVE TIME: 40 min
TOTAL TIME: 55 min

Sweet balsamic vinegar packs a punch here. Top sirloin is tender and less expensive compared with other cuts of meat, but for a little more flavor, try strip steak. If you have leftovers, use them in salad or tuck them into pita with hummus for a delicious lunch the next day.

- 1 cup balsamic vinegar
- ¼ cup finely chopped fresh flat-leaf parsley, plus more for serving
- 2 tablespoons extra-virgin olive oil
- 6 cloves garlic, smashed
- 1 pound trimmed top sirloin steak (¾ inch thick), cubed (1½ inch)
- 2 (8 ounce) packages cremini mushrooms
- ½ teaspoon salt
- ½ teaspoon ground pepper

1. Whisk vinegar, parsley, oil and garlic in a medium bowl until combined. Transfer half of the mixture to another medium bowl. Add steak to 1 bowl of marinade and mushrooms to the other, tossing to coat. Let stand, uncovered, at room temperature for 15 minutes.
2. Remove the mushrooms and steak from the marinades; discard marinades. Thread the steak onto 2 (12-inch) metal skewers; thread the mushrooms onto another 2 (12-inch) metal skewers.
3. Preheat grill to high (450°F to 500°F). Oil the grill grate. Grill the skewers, uncovered, turning once halfway through, until an instant-read thermometer inserted in the thickest portion of steak registers 125°F and the mushrooms are slightly caramelized and charred, 8 to 10 minutes for the steak and about 10 minutes for the mushrooms. Sprinkle everything with salt and pepper before removing from the grill.
4. Transfer the skewers to a large plate. Garnish with additional parsley if desired and serve immediately.

SERVINGS 4 **SERVING SIZE** ABOUT 3 OZ. STEAK & ABOUT 6 MUSHROOMS **CALORIES** 301 **CARBOHYDRATES** 7G **DIETARY FIBER** 1G **TOTAL SUGARS** 4G **PROTEIN** 26G **TOTAL FAT** 19G **SATURATED FAT** 6G **CHOLESTEROL** 85MG **SODIUM** 360MG

5 INGREDIENTS | 15 MINUTES

Farro Bowl with Rotisserie Chicken

ACTIVE TIME: 5 min
TOTAL TIME: 10 min

To make this hearty grain bowl, grab a salad kit from the grocery store. Top it with farro and chicken for a quick high-protein dinner.

- 1 (8.5 ounce) package microwaveable farro
- 1 (10 ounce) Mediterranean-style salad kit
- 1 cup chopped rotisserie chicken

1. Microwave farro according to package directions. Set aside to cool slightly.

2. Toss together salad kit in a large bowl. Add chicken and the cooled farro; toss to combine.

SERVINGS 2 **SERVING SIZE** 1½ CUPS **CALORIES** 288 **CARBOHYDRATES** 40G **DIETARY FIBER** 7G **TOTAL SUGARS** 2G **PROTEIN** 27G **TOTAL FAT** 3G **SATURATED FAT** 1G **CHOLESTEROL** 64MG **SODIUM** 282MG

15 MINUTES

Grilled Red Snapper

ACTIVE TIME: 15 min
TOTAL TIME: 15 min

This simple snapper recipe has clean flavors and a nice char from the grill. It's well seasoned but not overly spicy. Serve with grilled veggies or a green salad to make it a meal.

- 1 tablespoon smoked paprika
- 1 teaspoon ground pepper
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- 1 teaspoon dried oregano
- 1 teaspoon dried thyme
- ½ teaspoon salt
- ½ teaspoon cayenne pepper
- 4 (5 ounce) boneless, skinless red snapper fillets
- 1 tablespoon extra-virgin olive oil
- Lemon wedges

1. Preheat grill to medium-high (400° to 450°F). Combine paprika, pepper, onion powder, garlic powder, oregano, thyme, salt and cayenne in a small bowl. Brush fish all over with oil; sprinkle the seasoning evenly over both sides of fish, pressing to adhere.
2. Oil the grill grates. Grill the fish, covered, until it flakes easily and a thermometer inserted in the thickest part registers 145°F, 3 to 5 minutes per side. Serve with lemon wedges.

SERVINGS 4 **SERVING SIZE** 1 FILLET **CALORIES** 185 **CARBOHYDRATES** 3G **DIETARY FIBER** 1G **TOTAL SUGARS** 0G **PROTEIN** 30G **TOTAL FAT** 6G **SATURATED FAT** 1G **CHOLESTEROL** 53MG **SODIUM** 384MG

15 MINUTES

Eggs in Vodka Sauce

ACTIVE TIME: 5 min
TOTAL TIME: 15 min

Drawing inspiration from the classic Italian recipe Uova al Purgatorio *(Eggs in Purgatory), this easy one-pot meal melds tangy tomato sauce with perfectly poached eggs, ideal for sopping up with crispy toasted bread. We like to add a dash of heavy cream to give the sauce some extra richness, but you can leave it out if you prefer. A garnish of chopped fresh basil or parsley, if you have it on hand, would be a welcome addition.*

- 1 (14.5 ounce) can no-salt-added diced tomatoes with basil, garlic and oregano, undrained
- 1 cup jarred vodka sauce
- ¼ cup loosely packed fresh basil leaves
- 4 tablespoons grated Parmesan cheese, divided
- 2 tablespoons heavy cream (optional)
- 1½ teaspoons refrigerated garlic paste
- ¼ teaspoon crushed red pepper
- 4 large eggs
- Pinch of salt
- 4 ounces whole-wheat baguette (about 9 inches), cut crosswise into 4 pieces and toasted

1. Stir diced tomatoes, vodka sauce, basil, 2 tablespoons Parmesan, cream (if using), garlic paste and crushed red pepper together in a 12-inch nonstick skillet.
2. Make 4 indentations in the mixture. Crack 1 egg into each indentation. Sprinkle the sauce with the remaining 2 tablespoons Parmesan; sprinkle the eggs with salt.
3. Partially cover the skillet; cook over medium heat, undisturbed, until the egg whites are just set and the yolks are still runny, 10 to 12 minutes. Serve with baguette.

SERVINGS 4 **SERVING SIZE** 1 CUP SAUCE & EGG MIXTURE & 1 OZ. BAGUETTE
CALORIES 257 **CARBOHYDRATES** 25G **DIETARY FIBER** 2G **TOTAL SUGARS** 9G **ADDED SUGARS** 0G **PROTEIN** 14G **TOTAL FAT** 11G **SATURATED FAT** 3G **CHOLESTEROL** 195MG **SODIUM** 629MG

15 MINUTES

Garlic-Ginger Mushroom Lettuce Wraps

ACTIVE TIME: 15 min
TOTAL TIME: 15 min

These super-savory lettuce wraps feature a mix of mushrooms and plenty of peanuts for crunch. Refrigerated garlic and ginger pastes help keep prep to a minimum. If you want a boost of vegetarian protein, stir in a scrambled egg or crumbled tofu after the mushrooms are done cooking and before you add the sauce.

- 2 tablespoons canola oil
- 12 ounces sliced fresh mixed wild mushrooms (such as cremini, shiitake and oyster)
- 2 cups shredded coleslaw mix
- ⅓ cup thinly sliced scallions (about 3 medium), plus more for garnish
- ½ cup unsalted dry-roasted peanuts, coarsely chopped, divided
- 2 teaspoons refrigerated garlic paste
- 2 teaspoons refrigerated ginger paste (from tube)
- 3 tablespoons hoisin sauce
- 1 tablespoon lower-sodium soy sauce
- 1 tablespoon rice vinegar
- 2 teaspoons toasted sesame oil
- 1 head butter lettuce, separated into leaves

1. Heat oil in a large nonstick skillet over medium-high heat. Add mushrooms in an even layer; cook, undisturbed, until starting to brown, about 3 minutes. Stir in coleslaw mix, scallions and ⅓ cup peanuts; cook, stirring occasionally, until starting to soften, about 4 minutes.
2. Stir in garlic paste and ginger paste; cook, stirring constantly, until fully incorporated and fragrant, about 1 minute. Continue to cook, stirring often, until the mushrooms are tender, about 3 minutes.
3. Remove from heat. Stir in hoisin, soy sauce, vinegar and sesame oil. Spoon the mixture into lettuce leaves; sprinkle with the remaining peanuts. Garnish with additional scallions if desired.

SERVINGS 4 **SERVING SIZE** ½ CUP MUSHROOM MIXTURE & 3–5 LETTUCE LEAVES
CALORIES 279 **CARBOHYDRATES** 20G **DIETARY FIBER** 4G **TOTAL SUGARS** 9G **ADDED SUGARS** 4G **PROTEIN** 8G **TOTAL FAT** 20G **SATURATED FAT** 2G **SODIUM** 568MG

5 INGREDIENTS | 15 MINUTES

Pesto Ravioli with Spinach & Tomatoes

ACTIVE TIME: 15 min
TOTAL TIME: 15 min

This easy ravioli recipe is loaded with fresh flavors. By using grape tomatoes, prewashed spinach and prepared pesto, we eliminate all the prep work, making this Caprese-inspired dish the ideal weeknight meal.

- 2 (8 ounce) packages frozen or refrigerated cheese ravioli
- 1 tablespoon olive oil
- 1 pint grape tomatoes
- 1 (5 ounce) package baby spinach
- ⅓ cup pesto

1. Bring a large pot of water to a boil. Cook ravioli according to package directions; drain and set aside.
2. Heat oil in a large nonstick skillet over medium heat. Add tomatoes; sauté until they begin to burst, 3 to 4 minutes. Add spinach and continue to cook, stirring frequently, until it wilts, 1 to 2 minutes.
3. Add the cooked ravioli and pesto; stir gently to combine.

SERVINGS 4 **SERVING SIZE** 1½ CUPS **CALORIES** 361 **CARBOHYDRATES** 35G **DIETARY FIBER** 4G **TOTAL SUGARS** 6G **PROTEIN** 14G **TOTAL FAT** 19G **SATURATED FAT** 6G **CHOLESTEROL** 47MG **SODIUM** 374MG **POTASSIUM** 374MG

5 INGREDIENTS

Lemon-Soppressata Chicken

ACTIVE TIME: 30 min
TOTAL TIME: 30 min

You'll only need 5 ingredients and 30 minutes for this healthy recipe. Serve with mashed potatoes and a mixed green salad with red-wine vinaigrette to round out dinner.

- **2 (8 ounce) boneless, skinless chicken breasts, trimmed**
- **2 tablespoons all-purpose flour**
- **1 tablespoon tomato paste**
- **½ cup diced soppressata or salami (about 2 ounces)**
- **1 medium lemon, peeled, seeded and chopped**

1. Cut chicken in half crosswise and sprinkle with ¼ teaspoon each salt and pepper. Place flour on a plate and dredge both sides of the chicken in it. Shake off any excess. Whisk tomato paste and ⅓ cup water in a small bowl and place near the stove.
2. Heat 2 tablespoons oil in a large skillet over medium heat. Add the chicken and cook, turning once, until browned on both sides, about 10 minutes. Transfer to a plate.
3. Add soppressata (or salami) to the pan and cook, stirring, until browned, 1 to 2 minutes. Stir in the tomato paste mixture and lemon. Return the chicken to the pan, cover and cook, turning once, until the sauce has thickened and an instant-read thermometer inserted into the thickest part of the chicken registers 165°F, 5 to 7 minutes.

SERVINGS 4 **SERVING SIZE** 3 OZ. CHICKEN & ABOUT 2 TBSP. SAUCE
CALORIES 242 **CARBOHYDRATES** 5G **DIETARY FIBER** 0G **TOTAL SUGARS** 1G **PROTEIN** 25G **TOTAL FAT** 13G **SATURATED FAT** 3G **CHOLESTEROL** 73MG **SODIUM** 394MG **POTASSIUM** 274MG

5 INGREDIENTS

Black Bean Tacos

ACTIVE TIME: 10 min
TOTAL TIME: 25 min

Mixing mashed canned beans with whole beans and seasonings makes an incredibly simple taco filling from your pantry. Top these speedy five-ingredient tacos with lettuce, tomato and salsa or any of your favorite taco toppings.

- 2 (15 ounce) cans black beans, rinsed
- 1 teaspoon ground cumin
- ½ teaspoon garlic powder
- 8 hard taco shells
- ¾ cup shredded Mexican cheese blend

1. Preheat oven to 325°F.
2. Mash half of the beans in a large bowl. Add whole beans, cumin and garlic powder; stir to combine. Fill each taco shell with about ⅓ cup of the bean mixture. Top with cheese. Place the filled tacos on a baking sheet and bake until the beans are hot and the cheese is melted, 12 to 15 minutes.

SERVINGS 4 **SERVING SIZE** 2 TACOS **CALORIES** 328 **CARBOHYDRATES** 42G **DIETARY FIBER** 10G **TOTAL SUGARS** 6G **PROTEIN** 15G **TOTAL FAT** 11G **SATURATED FAT** 6G **CHOLESTEROL** 20MG **SODIUM** 299MG **POTASSIUM** 485MG

15 MINUTES

Easy Shrimp Scampi with Zucchini Noodles

ACTIVE TIME: 15 min
TOTAL TIME: 15 min

Enjoy classic shrimp scampi lightened up with zucchini noodles in place of pasta. The tomatoes add some sweetness and color, and the cheese contributes nuttiness and richness.

- 2 tablespoons unsalted butter
- 3 tablespoons extra-virgin olive oil, divided
- 1 medium shallot, finely chopped (about ¼ cup)
- 2 medium garlic cloves, finely chopped
- 2 tablespoons white wine
- 2 tablespoons unsalted chicken stock
- 1 pound large shrimp, peeled and deveined
- ½ teaspoon black pepper
- ⅞ teaspoon kosher salt, divided
- 1 cup multicolored cherry tomatoes, halved
- 6 cups spiralized zucchini (from two 10.7-ounce packages)
- 4 tablespoons pregrated Parmesan cheese, divided
- 2 tablespoons chopped fresh flat-leaf parsley

1. Heat butter and 1 tablespoon of the oil in a large skillet over medium-high until butter melts, about 1 minute. Add shallot; cook, stirring occasionally, until softened, about 3 minutes. Add garlic; cook, stirring constantly, 1 minute. Add wine and stock; cook, undisturbed, until liquid reduces by half, about 2 minutes. Add shrimp, pepper and ½ teaspoon of the salt; cook until shrimp are just cooked through, about 3 minutes, turning shrimp once halfway through cook time. Transfer shrimp to a plate and set aside. (Reserve shallot sauce in skillet.)
2. Add tomatoes and the remaining 2 tablespoons oil to skillet. Cook over medium-high, undisturbed, until tomatoes just soften, about 1 minute. Add zucchini and remaining ⅜ teaspoon salt; toss to combine. Return shrimp to skillet; cook, stirring constantly until mixture is heated through, about 1 minute. Remove from heat; add 2 tablespoons of the Parmesan and toss to combine. Divide mixture evenly among 4 bowls; sprinkle with parsley and remaining 2 tablespoons Parmesan. Serve immediately.

SERVINGS 4 **SERVING SIZE** 1½ CUPS
CALORIES 349 **CARBOHYDRATES** 6G
DIETARY FIBER 1G **TOTAL SUGARS** 3G **PROTEIN** 19G **TOTAL FAT** 27G
SATURATED FAT 7G **SODIUM** 620MG

5 INGREDIENTS | 15 MINUTES

Honey-Garlic Butter Shrimp

ACTIVE TIME: 15 min
TOTAL TIME: 15 min

Quick-cooking shrimp are coated in a sweet-spicy mixture of honey, garlic and crushed red pepper for a flavorful bite. Serve over pasta or add to salad greens to make it a meal.

- 3 tablespoons unsalted butter
- 3 tablespoons honey
- 4 large cloves garlic, minced
- 2 tablespoons lemon juice
- ¼ teaspoon salt
- ¼ teaspoon crushed red pepper
- 1 pound raw shrimp (16 to 20 count), peeled and deveined
- Chopped fresh parsley or cilantro for garnish
- Lemon wedges for garnish

Melt butter in a large skillet over medium-high heat. Add honey, garlic, lemon juice, salt and crushed red pepper; cook, stirring, until hot, about 1 minute. Add shrimp and cook, stirring often, until opaque and just cooked through, 3 to 4 minutes. Sprinkle with parsley (or cilantro) and serve with lemon wedges, if desired.

SERVINGS 4 **SERVING SIZE** ABOUT 5 SHRIMP **CALORIES** 227 **CARBOHYDRATES** 15G **TOTAL SUGARS** 13G **PROTEIN** 23G **TOTAL FAT** 9G **SATURATED FAT** 6G **CHOLESTEROL** 206MG **SODIUM** 332MG

5 INGREDIENTS

Air-Fryer Salmon with Horseradish Rub

ACTIVE TIME: 10 min
TOTAL TIME: 30 min

A crust of fresh horseradish, parsley and capers turns delicately crispy on air-fried salmon fillets in the air fryer. Serve with roasted potatoes and steamed broccoli.

- Cooking spray
- 2 tablespoons finely grated horseradish
- 1 tablespoon finely chopped flat-leaf parsley
- 1 tablespoon capers, finely chopped
- 1 tablespoon extra-virgin olive oil
- 1 (12 ounce) skinless salmon fillet (about 1 inch thick)
- ¼ teaspoon salt
- ¼ teaspoon ground pepper

1. Coat the basket of an air fryer with cooking spray.
2. Combine horseradish, parsley, capers and oil in a small bowl. Sprinkle the salmon with salt and pepper. Spread the horseradish mixture over the top of the salmon. Coat with cooking spray.
3. Place the salmon in the prepared basket. Cook at 375°F until internal temperature registers 130°F, about 15 minutes. Let rest for 5 minutes before serving.

SERVINGS 2 **SERVING SIZE** 5 OZ. **CALORIES** 284 **CARBOHYDRATES** 3G **DIETARY FIBER** 1G **TOTAL SUGARS** 1G **PROTEIN** 34G **TOTAL FAT** 14G **SATURATED FAT** 3G **CHOLESTEROL** 80MG **SODIUM** 540MG **POTASSIUM** 680MG

15 MINUTES

BBQ Chicken Tacos with Red Cabbage Slaw

ACTIVE TIME: 10 min
TOTAL TIME: 10 min

This zippy, creamy slaw is so good you might find yourself making it for other sandwiches. It pairs beautifully with the tangy pulled chicken for an incredibly quick dinner you can make even on the busiest nights. To save yourself even more time, use a preshredded coleslaw blend.

- ⅓ cup nonfat plain strained yogurt
- 1 tablespoon sugar
- 1 tablespoon lemon juice
- 1 tablespoon cider vinegar
- ¾ teaspoon kosher salt
- ¼ teaspoon ground pepper
- Dash of hot sauce
- 2 cups shredded red cabbage (½ head)
- 2 cups shredded cooked chicken breast (about 6 ounces)
- ⅓ cup light barbecue sauce (such as Annie's Organic)
- 8 corn tortillas
- Chopped cilantro for garnish

1. Combine yogurt, sugar, lemon juice, vinegar, salt, pepper and hot sauce in a large bowl. Add cabbage and toss until fully coated.
2. Combine chicken and barbecue sauce in a medium microwaveable bowl; toss until the chicken is coated. Microwave on high until heated through, about 1 minute.
3. Heat tortillas according to package directions. Fill each tortilla with ¼ cup of the chicken and top with 3 tablespoons of the slaw. Garnish with cilantro and serve.

SERVINGS 4 **SERVING SIZE** 2 TACOS
CALORIES 275 **CARBOHYDRATES** 31G
DIETARY FIBER 3G **TOTAL SUGARS** 7G
ADDED SUGARS 8G **PROTEIN** 26G
TOTAL FAT 4G **SATURATED FAT** 1G
CHOLESTEROL 60MG **SODIUM** 662MG
POTASSIUM 299MG

5 INGREDIENTS

Spicy-Sweet Grilled Chicken & Pineapple with Avocado

ACTIVE TIME: 45 min
TOTAL TIME: 1 hr 10 min

This dish strikes the perfect balance of spicy and sweet. Enzymes in the fresh pineapple help tenderize the chicken breasts in only 15 minutes. Be sure to take them out of the marinade after the 15 minutes is up to prevent the meat from breaking down. You can buy precut pineapple if you prefer, or cut a whole pineapple.

- 1 large fresh pineapple (about 3 pounds)
- 1 tablespoon canola oil
- 1 (7 ounce) can chipotles in adobo sauce, divided
- 2 tablespoons honey
- 4 (6 ounce) boneless, skinless chicken breasts
- 1 teaspoon salt, divided
- 2 medium ripe avocados, cut into wedges

1. Peel and core pineapple. Cut the pineapple flesh into planks about 1 inch thick and 3 inches long to yield about 2 cups. Place the sliced pineapple, oil and 1 tablespoon adobo in a medium bowl; toss until combined.
2. Finely chop more pineapple to yield about ¼ cup. Transfer the chopped pineapple to a large bowl along with any accumulated juices. (Reserve remaining pineapple for another use.)
3. Finely chop 2 to 3 chipotles to yield roughly 2 tablespoons; add to the large bowl with the chopped pineapple. Whisk in honey and ¼ cup adobo. (Reserve remaining chipotles and adobo for another use.) Add chicken; toss to coat. Cover and let stand at room temperature for 15 minutes.
4. Preheat grill to high (450°F to 500°F). Remove the pineapple planks from the marinade; place on oiled grates (reserve remaining marinade). Grill, uncovered, turning once, until charred and tender, 2 to 3 minutes per side. Transfer to a large platter.
5. Remove the chicken from the marinade; sprinkle with ¾ teaspoon salt (discard chicken marinade). Grill the chicken on oiled grates, uncovered and turning once, until the outside is caramelized and an instant-read thermometer inserted into the thickest portion registers 165°F, 6 to 8 minutes per side. Brush the tops of the breasts with the reserved pineapple marinade; grill for 1 minute more. Transfer to the platter with the pineapple.
6. Serve the chicken breasts whole or sliced with the grilled pineapple and fresh avocado. Season everything evenly with remaining ¼ teaspoon salt before serving.

SERVINGS 6 **SERVING SIZE** ABOUT 3 OZ. CHICKEN & ⅓ AVOCADO & ABOUT ⅓ CUP PINEAPPLE **CALORIES** 300 **CARBOHYDRATES** 15G **DIETARY FIBER** 6G **TOTAL SUGARS** 7G **ADDED SUGARS** 1G **PROTEIN** 27G **TOTAL FAT** 15G **SATURATED FAT** 2G **CHOLESTEROL** 83MG **SODIUM** 473MG **POTASSIUM** 765MG

5 INGREDIENTS | 15 MINUTES

Peanutty Soba Noodles

ACTIVE TIME: 15 min
TOTAL TIME: 15 min

Nutty soba noodles team up with peanut butter in this easy vegetarian dish. Chile-garlic sauce adds nice heat, while lime juice and zest brighten the flavor. Enjoy this quick dish warm, or serve it chilled for an easy dinner. We like the firm texture and flavor of soba noodles, but regular whole-wheat pasta will work well too. For a boost of protein, serve with shrimp, tofu or shredded chicken.

- 1 (9.5 ounce) package soba noodles
- ½ cup smooth natural peanut butter
- 2½ tablespoons chile-garlic sauce
- 1 teaspoon grated lime zest
- 3 tablespoons lime juice
- 1 cup frozen shelled edamame, thawed

1. Bring a large pot of water to a boil over high heat. Add soba noodles; cook according to package directions until al dente. Reserve ¾ cup of the cooking water. Drain the noodles; rinse under cold water.
2. Whisk peanut butter, chile-garlic sauce, lime zest, lime juice and ½ cup of the reserved cooking water together in a large bowl until combined. Add the noodles; toss to coat. Stir in edamame. If desired, stir in the remaining ¼ cup reserved cooking water.

SERVINGS 4 **SERVING SIZE** ABOUT 1 CUP
CALORIES 491 **CARBOHYDRATES** 57G
DIETARY FIBER 7G **TOTAL SUGARS** 3G
PROTEIN 20G **TOTAL FAT** 19G **SATURATED FAT** 3G **SODIUM** 849MG **POTASSIUM** 156MG

5 INGREDIENTS | 15 MINUTES

Sweet & Sour Pork with Sesame Crust

ACTIVE TIME: 15 min
TOTAL TIME: 15 min

Here, we cover pork chops with sesame seeds for a crisp coating. A mix of tamari sauce and apricot jam makes for a quick sweet-and-sour sauce to spoon over. For a simple, fresh side dish, toss watercress with sesame oil and tamari.

- 1 pound thin, boneless pork chops, trimmed
- ¼ teaspoon salt
- ¼ teaspoon ground white pepper
- ½ cup sesame seeds
- 2 tablespoons peanut oil
- 3 tablespoons apricot jam
- 2 tablespoons low-sodium tamari or reduced-sodium soy sauce
- Sliced scallions for garnish

1. Sprinkle pork with salt and white pepper. Place sesame seeds in a shallow dish and dredge the pork in them, pressing to help them adhere.
2. Heat oil in a large skillet over medium-high heat. Add the pork and cook, turning once, until browned and an instant-read thermometer inserted in the thickest part registers 145°F, 6 to 8 minutes.
3. Meanwhile, combine jam and tamari (or soy sauce) in a small saucepan. Bring to a simmer over medium-high heat and cook until darkened and slightly thickened, 2 to 3 minutes. Serve the pork with the sauce, garnished with scallions if desired.

SERVINGS 4 **SERVING SIZE** 3 OZ. PORK & 1 TBSP. SAUCE **CALORIES** 415 **CARBOHYDRATES** 13G **DIETARY FIBER** 2G **TOTAL SUGARS** 9G **ADDED SUGARS** 9G **PROTEIN** 29G **TOTAL FAT** 28G **SATURATED FAT** 6G **CHOLESTEROL** 68MG **SODIUM** 607MG **POTASSIUM** 332MG

15 MINUTES

Broiled Cod with Tomatoes & Herbed Mayonnaise

ACTIVE TIME: 15 min
TOTAL TIME: 15 min

Cod broils quickly in this healthy recipe that takes just 15 minutes. Sliced tomatoes on top give a pop of color, and chopped herbs flavor the mayonnaise on the fish. Granulated spices are pantry staples that add flavor without extra ingredients to buy.

- ¼ cup mayonnaise
- 3 tablespoons chopped herbs such as basil, tarragon or cilantro
- 1 teaspoon garlic powder
- ½ teaspoon onion powder
- ½ teaspoon salt, divided
- ½ teaspoon ground pepper, divided
- 1¼ pounds cod, cut into 4 portions
- 2 medium tomatoes, sliced

1. Position rack about 4 inches from heat source and preheat broiler to high. Line a rimmed baking sheet with foil.
2. Stir mayonnaise, herbs, garlic powder, onion powder, ¼ teaspoon salt and ¼ teaspoon pepper together in a small bowl. Sprinkle the remaining ¼ teaspoon each salt and pepper on both sides of cod. Place the fish on the prepared baking sheet and spread the mayonnaise mixture over each piece. Top with tomato slices. Broil until the fish flakes easily, about 8 minutes.

SERVINGS 4 **SERVING SIZE** 4 OZ. **CALORIES** 226 **CARBOHYDRATES** 4G **DIETARY FIBER** 1G **TOTAL SUGARS** 2G **PROTEIN** 26G **TOTAL FAT** 11G **SATURATED FAT** 2G **CHOLESTEROL** 67MG **SODIUM** 459MG

5 INGREDIENTS | 15 MINUTES

Miso-Maple Salmon

PREP TIME: 15 min
TOTAL TIME: 15 min

White miso paste packs an umami punch. But as the mildest and sweetest variety of the gluten-free fermented paste, it won't overpower the fish. Serve with brown rice noodles and green beans.

- 2 lemons
- 2 limes
- ¼ cup white miso
- 2 tablespoons extra-virgin olive oil
- 2 tablespoons maple syrup
- ¼ teaspoon ground pepper
- Pinch of cayenne pepper
- 1 (2½ pound) skin-on salmon fillet
- Sliced scallions for garnish

1. Position rack in upper third of oven; preheat broiler to high. Line a large rimmed baking sheet with foil.
2. Juice 1 lemon and 1 lime into a small bowl. Whisk in miso, oil, maple syrup, pepper and cayenne. Place salmon skin side down on the prepared pan and spread the miso mixture on top. Halve the remaining lemon and lime and arrange around the salmon, cut sides up.
3. Broil the salmon just until it flakes with a fork, 7 to 12 minutes. Serve with the lemon and lime halves and sprinkle with scallions, if desired.

SERVINGS 8 **SERVING SIZE** 4 OZ. SALMON **CALORIES** 230 **CARBOHYDRATES** 7G **DIETARY FIBER** 0G **TOTAL SUGARS** 3G **ADDED SUGARS** 3G **PROTEIN** 28G **TOTAL FAT** 9G **SATURATED FAT** 2G **CHOLESTEROL** 66MG **SODIUM** 341MG **POTASSIUM** 549MG

5 INGREDIENTS | 15 MINUTES

Chicken & Cabbage Bowls with Sesame Dressing

ACTIVE TIME: 10 min
TOTAL TIME: 10 min

Four convenience products are all you need to prepare these tasty bowls. A bag of shredded coleslaw serves as the base that's topped with seasoned chicken strips, crunchy flavored almonds and a drizzle of sesame dressing. Leftover chicken can easily stand in for the chicken strips. Traditional cabbage coleslaw works well, as does broccoli slaw for a slightly different look and flavor.

- 1 (12 ounce) package seasoned cooked chicken strips
- 1 (9 ounce) package shredded coleslaw mix
- ½ cup sesame-honey-flavored almonds
- ½ cup light sesame dressing

Cut chicken strips into bite-size pieces. Divide coleslaw mix among 4 bowls. Top with the chicken and almonds. Drizzle with dressing.

SERVINGS 4 **SERVING SIZE** ¾ CUP CABBAGE, 3 OZ. CHICKEN, 2 TBSP. ALMONDS & 2 TBSP. DRESSING **CALORIES** 324 **CARBOHYDRATES** 14G **DIETARY FIBER** 2G **TOTAL SUGARS** 10G **ADDED SUGARS** 8G **PROTEIN** 23G **TOTAL FAT** 21G **SATURATED FAT** 4G **CHOLESTEROL** 55MG **SODIUM** 370MG **POTASSIUM** 113MG

5 INGREDIENTS | 15 MINUTES

Miso-Glazed Salmon

ACTIVE TIME: 10 min
TOTAL TIME: 15 min

This miso-glazed salmon is jam-packed with flavor thanks to red miso, which has a stronger, more distinct flavor than sweet miso. You can easily double the recipe when serving guests without tacking on additional time. Serve with steamed broccolini and a side of brown rice.

- 1½ tablespoons red miso
- 1 tablespoon lime juice, plus wedges for serving
- 2 teaspoons lower-sodium soy sauce
- 1 teaspoon ground pepper
- 1 teaspoon honey
- 4 (5 ounce) skin-on salmon fillets, patted dry
- ¼ cup thinly sliced scallions (optional)

1. Preheat oven to broil with rack about 7 inches from heat source. Line a large rimmed baking sheet with foil; lightly coat the foil with cooking spray.

2. Whisk miso, lime juice, soy sauce, pepper and honey in a small bowl. Place fillets on the prepared baking sheet. Spoon the miso mixture evenly on top of each fillet.
3. Broil the fillets until they flake easily with a fork, 5 to 7 minutes. Sprinkle with scallions, if desired. Serve with lime wedges if desired.

SERVINGS 4 **SERVING SIZE** 1 FILLET **CALORIES** 223 **CARBOHYDRATES** 4G **DIETARY FIBER** 1G **TOTAL SUGARS** 2G **ADDED SUGARS** 1G **PROTEIN** 29G **TOTAL FAT** 9G **SATURATED FAT** 1G **CHOLESTEROL** 78MG **SODIUM** 437MG **POTASSIUM** 725MG

5 INGREDIENTS | 15 MINUTES

Pesto Shrimp

ACTIVE TIME: 15 min
TOTAL TIME: 15 min

This versatile pesto shrimp can be served alongside a hunk of crusty bread or over pasta or rice, or even used as a topping for pizza. Look for shrimp that are free from preservatives, which can alter the texture and add sodium to the dish. We like the brightness and fresh flavor of refrigerated pesto, but a homemade classic basil pesto will make this extra special.

- 2 tablespoons extra-virgin olive oil, divided
- 1½ pounds large peeled, deveined raw shrimp
- 1 teaspoon no-salt-added Italian seasoning
- 1 pint grape tomatoes
- 2 cups loosely packed fresh basil leaves
- ½ cup refrigerated basil pesto

1. Heat 1 tablespoon oil in a large nonstick skillet over medium-high heat. Add shrimp and Italian seasoning; cook, stirring often, until the shrimp are just cooked through and turn opaque, 3 to 5 minutes. Transfer the shrimp to a plate. Wipe the pan clean.

2. Add the remaining 1 tablespoon oil to the pan; heat over medium heat. Add tomatoes; cook, stirring occasionally and pressing the tomatoes down lightly with tongs or a wooden spoon, until the tomatoes begin to break down and juices are released, about 5 minutes. Add basil and return the shrimp to the pan. Cook, stirring constantly, until the basil is wilted and the shrimp are warm, about 1 minute. Remove from heat; stir in pesto.

SERVINGS 4 **SERVING SIZE** 1 CUP
CALORIES 330 **CARBOHYDRATES** 8G
DIETARY FIBER 1G **TOTAL SUGARS** 4G
PROTEIN 27G **TOTAL FAT** 22G **SATURATED FAT** 4G **CHOLESTEROL** 222MG **SODIUM** 446MG **POTASSIUM** 392MG

SOUPERB MEALS

These recipes, inspired by cuisines from around the globe, all start with a 10-ounce can of condensed tomato soup.

BY POOJA MAKHIJANI

Chicken Tomato Tortilla Soup

Sauté 1 chopped onion and 4 chopped garlic cloves in 1 Tbsp. canola oil. Stir in the tomato soup, 3 cups low-sodium chicken broth, 12 oz. shredded cooked chicken, 1 cup rinsed black beans, ½ cup corn kernels, 2 tsp. ground cumin and 1 tsp. chili powder. Simmer for 5 minutes. Stir in 2 Tbsp. lime juice. Garnish with sour cream, avocado slices and tortilla chips. **SERVES** 4

Saucy Ginger-Tomato Chicken

Sauté 6 chopped garlic cloves and 1 Tbsp. grated ginger in 1 Tbsp. canola oil. Add 2 diced onions and cook until golden. Add the tomato soup, 1 lb. cubed chicken breast and 1 Tbsp. each garam masala and curry powder. Simmer for 10 minutes. Stir in ¼ cup heavy cream. Garnish with cilantro. Serve with ½ cup cooked brown basmati rice per serving.

SERVES 4

Meatballs in Spiced Tomato Sauce

Sauté 1 diced onion in 1 Tbsp. canola oil. Stir in 1 tsp. ground cumin and ½ tsp. ground cinnamon and cook for 30 seconds. Stir in the tomato soup, ¾ cup low-sodium beef broth and 1 lb. frozen meatballs. Simmer for 20 minutes. Garnish with parsley and serve over ½ cup cooked whole-wheat couscous per serving.

SERVES 5

Vegetarian Chili

Sauté 2 cups frozen onion and pepper mix in 1 Tbsp. canola oil. Stir in the tomato soup, 1 cup water, one 15-oz. can rinsed no-salt-added salad beans, 1½ Tbsp. chili powder and 2 tsp. ground cumin. Cook for 10 minutes. Garnish with jalapeño, avocado cubes and yogurt.

SERVES 4

Tofu Tomato Curry

Combine the tomato soup, one 14-oz. can coconut milk, 2 Tbsp. curry paste and 1 Tbsp. fish sauce in a large saucepan. Bring to a simmer. Remove from heat and stir in 14 oz. cubed extra-firm tofu and 2 Tbsp. lime juice. Serve over 1 cup cooked rice noodles per serving. Garnish with lime wedges, scallions and basil.

SERVES 4

Sides, Solved

Easy crowd-pleasers take the guesswork out of what to serve with the main.

5 INGREDIENTS

Hot Honey Parmesan Carrots

ACTIVE TIME: 10 min
TOTAL TIME: 35 min

This sweet side turns up the heat with hot honey and lots of crunchy Parmesan crisps for a savory note. To make your own hot honey, combine honey and crushed red pepper in a small skillet and bring just to a simmer over low heat. Remove from heat and let cool completely. Stir in apple-cider vinegar to taste. Try this easy method with other veggies, such as beets, turnips or Brussels sprouts.

- 1½ pounds carrots, peeled
- ⅓ cup finely grated Parmesan cheese
- 1 tablespoon extra-virgin olive oil
- ½ teaspoon granulated garlic
- ½ teaspoon onion powder
- ⅛ teaspoon salt
- 1 tablespoon hot honey

1. Preheat oven to 400°F. Cut carrots crosswise into 1½-inch pieces. Cut each piece in half lengthwise; transfer to a medium bowl.
2. Add Parmesan, oil, garlic, onion powder and salt to the carrots; toss well to coat. Arrange the carrots, cut sides down, in a single layer on a large rimmed baking sheet. Bake until the carrots are tender and the cheese is golden brown and crispy, 25 to 30 minutes.
3. Transfer the carrots to a serving dish. Drizzle evenly with hot honey.

SERVINGS 4 **SERVING SIZE** ¾ CUP
CALORIES 153 **CARBOHYDRATES** 22G
DIETARY FIBER 5G **TOTAL SUGARS** 12G
PROTEIN 4G **TOTAL FAT** 6G **SATURATED FAT** 2G **CHOLESTEROL** 7MG **SODIUM** 330MG

5 INGREDIENTS | 15 MINUTES

Sunomono (Japanese Cucumber Salad)

ACTIVE TIME: 15 min
TOTAL TIME: 15 min

This version of sunomono *uses more readily available English or slicing cucumbers, but if you live near an Asian market, you could substitute Japanese cucumbers. Some recipes call for salting the cucumbers first, but we've found that squeezing them in paper towels removes excess moisture without adding any sodium.*

- 2 medium cucumbers or 1 large English cucumber
- ¼ cup rice vinegar
- 1 teaspoon sugar
- ¼ teaspoon salt
- 2 tablespoons sesame seeds, toasted

1. Peel the cucumbers to leave alternating green stripes. Slice them in half lengthwise; scrape the seeds out with a spoon. Using a sharp knife or wide vegetable peeler, cut into very thin slices. Place in a double layer of paper towels and squeeze gently to remove any excess moisture.
2. Combine vinegar, sugar and salt in a medium bowl, stirring to dissolve. Add the cucumbers and sesame seeds; toss well to combine. Serve immediately.

SERVINGS 4 **SERVING SIZE** ABOUT 1 CUP **CALORIES** 46 **CARBOHYDRATES** 4G **DIETARY FIBER** 1G **TOTAL SUGARS** 2G **ADDED SUGARS** 1G **PROTEIN** 1G **TOTAL FAT** 2G **SODIUM** 147MG

5 INGREDIENTS | 15 MINUTES

Butternut Squash Noodles

ACTIVE TIME: 15 min
TOTAL TIME: 15 min

Butternut squash noodles make a great low-carb stand-in for pasta or can be an easy side dish that complements just about everything. We kept this recipe simple, with just a hint of fresh thyme and savory Parmesan cheese. Look for fresh or frozen butternut squash noodles, or spiralize them yourself using the long, thin neck of a large squash.

- 1 tablespoon extra-virgin olive oil
- 2 large cloves garlic, minced
- 5 cups spiralized butternut squash noodles (from 1 large squash, or from 2 12-ounce packages frozen spiralized butternut squash noodles, thawed)
- ½ teaspoon salt
- ¼ teaspoon crushed red pepper
- 2 teaspoons chopped fresh thyme
- ¾ cup shaved Parmesan cheese

1. Heat oil in a large skillet over medium heat. Add garlic; cook, stirring often, until aromatic and slightly softened, about 2 minutes. Add squash, salt and crushed red pepper; cook, tossing the mixture occasionally, until the noodles are softened, 8 to 10 minutes. Stir in thyme.
2. Divide the noodles evenly among 6 bowls; top with cheese. Serve immediately.

SERVINGS 6 **SERVING SIZE** ½ CUP **CALORIES** 132 **CARBOHYDRATES** 20G **DIETARY FIBER** 6G **TOTAL SUGARS** 3G **PROTEIN** 5G **TOTAL FAT** 5G **SATURATED FAT** 2G **CHOLESTEROL** 9MG **SODIUM** 381MG

5 INGREDIENTS | 15 MINUTES

Quick & Easy Green Beans

ACTIVE TIME: 5 min
TOTAL TIME: 5 min

Here's a fast, efficient way to cook green beans (and other vegetables), eliminating the fuss of bringing a large pot of water to a boil or draining the veggies.

12 ounces trimmed green beans
¼ cup water
1 tablespoon butter or olive oil
¼ teaspoon salt
¼ teaspoon black pepper

1. Place green beans in a large skillet; pour in ¼ cup water.
2. Bring to a boil over high heat. As soon as water comes to a boil, cover pan and cook 3 minutes.
3. Uncover pan and stir in butter or oil. Cook 1 minute or until water evaporates and beans are crisp-tender.
4. Sprinkle beans with salt and pepper.

SERVINGS 4 **SERVING SIZE** ABOUT ½ CUP **CALORIES** 52 **CARBOHYDRATES** 6G **PROTEIN** 2G **TOTAL FAT** 3G **SATURATED FAT** 2G **CHOLESTEROL** 8MG **SODIUM** 179MG

5 INGREDIENTS | 15 MINUTES

Tomato Salad with Raw Garlic

ACTIVE TIME: 5 min
TOTAL TIME: 5 min

In a series on foods of the African diaspora that she did for Eating Well, the author and historian Jessica B. Harris offered a summer salad that is simply delicious—but not for the fainthearted. Minced fresh garlic gives this salad, inspired by a visit to Guadeloupe, its special flavor.

- 1½ pounds summer-ripe tomatoes (about 4 medium), sliced ½-inch thick
- 1 clove garlic
- 2 teaspoons extra-virgin olive oil
- 1 teaspoon balsamic vinegar
- 4 thick slices crusty French bread

1. Arrange tomato slices on a serving platter, slightly overlapping the slices to maximize the exposed surface area. Slice garlic clove in half lengthwise; pluck out and discard any bitter green inner stem from each half. Finely mince the garlic.
2. Drizzle the tomatoes with oil and vinegar. Sprinkle with the garlic. Serve the tomato salad with bread.

SERVINGS 4 **SERVING SIZE** 1 SLICE BREAD & ABOUT 4 SLICES TOMATO
CALORIES 164 **CARBOHYDRATES** 30G
DIETARY FIBER 3G **TOTAL SUGARS** 6G
PROTEIN 6G **TOTAL FAT** 3G **SODIUM** 259MG

5 INGREDIENTS | 15 MINUTES

Balsamic-Parmesan Sautéed Spinach

ACTIVE TIME: 15 min
TOTAL TIME: 15 min

Tender spinach with a hint of garlic, Parmesan cheese and sweet balsamic vinegar makes a quick and flavorful side dish. The sturdy leaves of mature spinach hold up best during cooking.

- 2 tablespoons extra-virgin olive oil
- 3 cloves garlic, minced
- 1 pound fresh spinach
- ¼ teaspoon salt
- ¼ teaspoon ground pepper
- 2 tablespoons grated Parmesan cheese
- 4 teaspoons good-quality balsamic vinegar or balsamic glaze

Heat oil in a large pot over medium heat. Add garlic and cook, stirring, until fragrant, 30 seconds to 1 minute. Add spinach, salt and pepper; toss to coat. Cook, stirring, until just wilted, 3 to 5 minutes. Remove from heat and stir in Parmesan. Drizzle with vinegar (or glaze) and serve immediately.

SERVINGS 5 **SERVING SIZE** ½ CUP **CALORIES** 84 **CARBOHYDRATES** 5G **DIETARY FIBER** 2G **TOTAL SUGARS** 1G **PROTEIN** 3G **TOTAL FAT** 6G **SATURATED FAT** 1G **CHOLESTEROL** 2MG **SODIUM** 225MG

5 INGREDIENTS

Roasted Fingerling Potatoes

ACTIVE TIME: 5 min
TOTAL TIME: 25 min

Oven-roasted fingerling potatoes are often a special holiday side dish, but they're quick enough to enjoy on any weeknight. The secret to these crispy potatoes? Getting the baking sheet nice and hot before you spread the potatoes on it.

- 1½ pounds fingerling potatoes, halved lengthwise
- 5 cloves garlic, crushed
- 3 tablespoons extra-virgin olive oil
- ½ teaspoon salt
- ¼ teaspoon ground pepper
- 2 teaspoons chopped fresh rosemary (optional)

1. Place a rimmed baking sheet on the middle oven rack. Preheat the oven to 450°F.
2. Toss potatoes, garlic, oil, salt and pepper in a large bowl. Spread on the hot baking sheet. Roast, stirring halfway through, until tender and golden brown, about 20 minutes. Sprinkle with rosemary if desired. Serve immediately.

SERVINGS 4 **SERVING SIZE** 1 CUP
CALORIES 220 **CARBOHYDRATES** 28G
DIETARY FIBER 3G **TOTAL SUGARS** 2G **PROTEIN** 4G **TOTAL FAT** 11G
SATURATED FAT 2G **SODIUM** 322MG

Delicious Desserts

After-dinner sweet bites
as easy as they are tasty.

5 INGREDIENTS

Dark Chocolate Cashew Clusters

ACTIVE TIME: 15 min
TOTAL TIME: 45 min

These sweet three-ingredient treats are a breeze and can be made on short notice. While cashews contribute a sweet and mild flavor, don't hesitate to swap them out for an alternative such as almonds or peanuts, or try adding dried cranberries or cherries for a delightfully tangy twist.

1 cup unsalted roasted cashews
6 ounces dark chocolate (60-70%), chopped
Pinch of flaky sea salt

1. Prepare a 24-cup mini muffin tin with liners. Divide cashews among the prepared cups (about 4 cashews each).
2. Place chocolate in a medium microwave-safe bowl; microwave on medium for 1 minute. Stir, then continue microwaving on medium in 20-second intervals until melted, stopping to stir after each interval.
3. Spoon about 1 teaspoon chocolate over each portion of cashews. Sprinkle evenly with salt. Refrigerate until set, about 30 minutes.

SERVINGS 24 **SERVING SIZE** 1 CLUSTER
CALORIES 75 **CARBOHYDRATES** 5G
DIETARY FIBER 1G **TOTAL SUGARS** 2G
PROTEIN 1G **TOTAL FAT** 6G **SATURATED FAT** 2G **CHOLESTEROL** 0MG **SODIUM** 8MG

5 INGREDIENTS | 15 MINUTES

Whipped Hot Chocolate

ACTIVE TIME: 5 min
TOTAL TIME: 5 min

Any kind of milk will work in this fun take on hot chocolate that's perfect for special occasions. For other flavor variations, try adding a drop of peppermint extract or a pinch of pumpkin spice or chili powder depending on the season.

- 2 tablespoons unsweetened cocoa powder
- 2 tablespoons granulated sugar
- 5 tablespoons whipping cream
- ½ teaspoon vanilla extract
- 1 cup milk, heated

1. Whisk cocoa powder and sugar together in a medium bowl. Add cream and vanilla; beat until thick and fluffy, 1 to 2 minutes. If the mixture is still grainy, mix a little longer. **2.** Divide hot milk between 2 heatproof glasses and top with the chocolate mixture. Whisk to combine.

SERVINGS 2 **SERVING SIZE** ABOUT ¾ CUP **CALORIES** 235 **CARBOHYDRATES** 23G **DIETARY FIBER** 2G **TOTAL SUGARS** 20G **PROTEIN** 6G **TOTAL FAT** 15G **SATURATED FAT** 9G **CHOLESTEROL** 51MG **SODIUM** 71MG

5 INGREDIENTS | 15 MINUTES

Lemon-Blueberry Nice Cream

ACTIVE TIME: 10 min
TOTAL TIME: 10 min

This dairy- and lactose-free nice cream is bright with blueberries and creamy from bananas, making it a simple and easy dessert with a good dose of dietary fiber.

- 3 medium ripe bananas, sliced and frozen
- ¼ cup lemon juice
- ¼ teaspoon vanilla extract
- ¼ cup cold water, as needed
- ¾ cup frozen blueberries

Place frozen banana slices, lemon juice and vanilla in a food processor. Process until smooth, adding cold water to loosen the mixture if necessary. Transfer the mixture to a bowl; stir in frozen blueberries. Serve immediately or store in an airtight container in the freezer for up to 1 month.

SERVINGS 4 SERVING SIZE GENEROUS ½ CUP **CALORIES** 98 **CARBOHYDRATES** 25G **DIETARY FIBER** 3G **TOTAL SUGARS** 14G **PROTEIN** 1G **TOTAL FAT** 1G **SODIUM** 2MG

5 INGREDIENTS

Lemon Frozen Yogurt Ripieno

ACTIVE TIME: 15 min
TOTAL TIME: 3 hr 45 min

Lemon lovers will enjoy the bright flavor of this creamy, refreshing dessert. To make it extra special, serve it in frozen lemon cups! You can use the juice from the lemon cups to make the frozen yogurt, or keep it on hand to enjoy later.

- 6 medium lemons for serving
- ¾ cup sugar
- ¼ cup water
- 1½ cups whole-milk plain strained yogurt
- 1 cup buttermilk
- 6 tablespoons lemon juice

1. Prepare frozen lemon cups for serving: Cut off tops and a thin slice from the bottoms (so the "cup" sits flat). Discard tops and bottoms. Squeeze the juice out of the lemons (use 6 tablespoons of the juice to make the frozen yogurt, or freeze for another use). Using a paring knife, remove the flesh and seeds from each lemon, leaving a thin cup. Freeze the cups for at least 1 hour or until ready to use.

2. Warm sugar and water in a small saucepan over medium heat until the sugar dissolves. Transfer to a medium bowl and let cool, stirring, for 5 minutes. Add yogurt, buttermilk and lemon juice; whisk until smooth. Cover and refrigerate until very cold, at least 3 hours or overnight.

3. Pour the mixture into the canister of an ice cream maker and process according to manufacturer's instructions. Pipe into the frozen lemon cups if using, or leave in the canister; freeze for 1 hour to firm up before serving. Transfer to an airtight container to freeze for up to 1 week.

SERVINGS 6 **SERVING SIZE** ½ CUP **CALORIES** 179 **CARBOHYDRATES** 31G **DIETARY FIBER** 0G **TOTAL SUGARS** 30G **ADDED SUGARS** 25G **PROTEIN** 7G **TOTAL FAT** 4G **SATURATED FAT** 2G **CHOLESTEROL** 10MG **SODIUM** 101MG **POTASSIUM** 168MG

EatingWell

5 Ingredients, 15 Minutes

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RECIPE INDEX

		CALORIES	FIBER (g)	SODIUM (mg)	CARBS (g)	PROTEIN (g)	ADDED SUGAR (g)	FAT/SAT FAT (g)	VEGETARIAN	VEGAN	GLUTEN FREE
	BREAKFAST										
10	Strawberry-Peach Chia Seed Smoothie	247	10	117	41	10	0	7/1	■		■
12	Avocado & Smoked Salmon Omelet	323	6	484	5	19	0	25/6			■
13	Egg-Avocado Breakfast Sandwich	492	9	583	30	19	0	36/10	■		
14	Peanut Butter & Berries Waffle Sandwich	209	4	223	24	6	5	11/2	■		
15	Lemon-Blueberry Smoothie	330	9	110	52	10	0	13/1	■	■	■
16	Spinach & Fried Egg Grain Bowls	281	8	314	35	15	0	10/2	■		
17	Fruit & Yogurt Smoothie	279	7	149	56	12	0	2/0	■		■
18	Coconut-Mango Oats	367	9	414	60	12	4	9/4	■	■	■
19	Salsa-Topped Avocado Toast	264	8	445	36	7	0	12/2	■	■	
	LUNCH										
22	Pesto & White Bean Stuffed Tomato	116	5	399	17	6	0	5/1	■	■	■
24	Lentil & Goat Cheese Toast	282	6	352	35	11	0	11/2	■		
24	Cannellini Bean & Herbed Ricotta Toast	320	6	377	42	15	0	9/3	■		
25	Arugula & Cucumber Salad with Tuna	232	1	519	2	26	0	13/2			■
26	Roasted Cauliflower & Curry Soup	347	5	440	21	7	0	29/18	■	■	■
27	Creamy Rotisserie Chicken Salad	230	0	365	1	21	0	16/3			■
28	Brie & Blackberry Jam Grilled Cheese	411	4	711	42	20	0	18/10	■		
28	Chicken & Cabbage Salad with Nuoc Cham Dressing	208	3	473	12	20	2	9/1			■
30	Curried Butternut Squash Soup with Crispy Halloumi	203	3	564	17	9	4	13/6	■		■
31	Sun-Dried Tomato & Tuna Panini	583	11	786	45	27	0	34/9			
32	Spicy White Bean & Spinach Salad	322	10	521	38	13	1	14/2	■		■
33	Miso Vegetable Cup Soup	267	6	499	27	16	0	10/2	■	■	■
34	Cucumber-Tuna Salad Sandwich	445	4	676	30	40	0	20/4			
34	Chicken & Beet Salad	380	3	727	15	24	0	25/6			■
36	White Bean & Cherry Tomato Salad	387	12	563	49	13	8	15/2	■		■
37	Tomato Sandwich with Herbed Cream Cheese	374	5	444	33	13	0	22/12	■		
38	Cucumber & Roasted Red-Pepper Hummus Wrap	249	4	418	29	8	0	11/2	■	■	
39	Green Goddess Tuna Salad	278	0	355	4	31	0	15/3			■
	DINNER										
42	Tajin Shrimp Tacos with Cabbage Slaw	258	5	790	30	15	0	9/1			■
44	Linguine with Creamy White Clam Sauce	421	8	372	52	22	0	17/4			
45	Sheet-Pan Chicken Tenders & Broccoli with Everything Seasoning	273	2	506	8	31	0	12/2			■
46	Black Bean Patties	165	7	398	24	10	0	3/1	■		
47	Steak Enchilada Skillet	730	10	620	67	39	0	34/14			
49	Chicken Fajita Quesadillas	415	4	542	29	29	0	19/7			
50	Salt & Pepper Shrimp with Snow Peas	316	3	561	16	23	0	18/2			■
51	Baked Lemon-Pepper Chicken	286	1	448	7	35	3	13/5			■

		CALORIES	FIBER (g)	SODIUM (mg)	CARBS (g)	PROTEIN (g)	ADDED SUGAR (g)	FAT/SAT FAT (g)	VEGETARIAN	VEGAN	GLUTEN FREE
	DINNERS CONTINUED										
52	Honey-Paprika-Glazed Steak & Onions	350	1	415	14	26	9	21/5			■
53	Air-Fryer Broccoli & Cheese Baked Potatoes	387	4	280	46	12	0	4/2	■		
54	Honey-Ginger Chicken	239	0	363	10	23	8	12/2			■
55	Pork Chops with White Wine & Capers	226	0	472	2	19	0	14/6			■
57	Balsamic Steak & Mushroom Skewers	301	1	360	7	26	0	19/6			■
58	Farro Bowl with Rotisserie Chicken	288	7	282	40	27	0	3/1			
59	Grilled Red Snapper	185	1	384	3	30	0	6/1			■
60	Eggs in Vodka Sauce	257	2	629	25	14	0	11/3	■		
61	Garlic-Ginger Mushroom Lettuce Wraps	279	4	568	20	8	4	20/2	■	■	■
62	Pesto Ravioli with Spinach & Tomatoes	361	4	374	35	14	0	20/4	■		
63	Lemon-Soppressata Chicken	242	0	394	5	25	0	13/3			
64	Black Bean Tacos	328	10	299	42	15	0	11/6	■		■
65	Easy Shrimp Scampi with Zucchini Noodles	349	1	620	6	19	0	27/7			■
66	Honey-Garlic Butter Shrimp	227	0	332	15	23	0	9/6			■
67	Air-Fryer Salmon with Horseradish Rub	284	1	540	3	34	0	14/3			■
68	BBQ Chicken Tacos with Red Cabbage Slaw	275	3	662	31	26	8	4/1			■
70	Spicy-Sweet Grilled Chicken & Pineapple with Avocado	300	6	473	15	27	1	15/2			■
71	Peanutty Soba Noodles	491	7	849	57	20	0	19/3	■	■	
72	Sweet & Sour Pork with Sesame Crust	415	2	607	13	29	9	28/6			■
73	Broiled Cod with Tomatoes & Herbed Mayonnaise	226	1	459	4	26	0	11/2			■
74	Miso-Maple Salmon	230	0	341	7	28	3	9/2			■
75	Chicken & Cabbage Bowls with Sesame Dressing	324	2	370	14	23	8	21/4			■
76	Miso-Glazed Salmon	223	1	437	4	29	1	9/1			■
77	Pesto Shrimp	330	1	446	8	27	0	22/4			■
	SIDES										
80	Hot Honey Parmesan Carrots	153	5	330	22	4	0	6/2	■		■
82	Sunomono (Japanese Cucumber Salad)	46	1	147	4	1	0	2/0	■	■	■
83	Butternut Squash Noodles	132	6	381	20	5	0	5/2	■		■
84	Quick & Easy Green Beans	52	0	179	6	2	0	3/2	■		■
85	Tomato Salad with Raw Garlic	164	3	259	30	6	0	3/0	■	■	
86	Balsamic-Parmesan Sautéed Spinach	84	2	225	5	3	0	6/1	■		■
87	Roasted Fingerling Potatoes	220	3	322	28	4	0	11/2	■	■	■
	DESSERTS										
88	Dark Chocolate Cashew Clusters	75	1	8	5	1	0	6/2	■		■
90	Whipped Hot Chocolate	235	2	71	23	6	0	15/9	■		■
91	Lemon-Blueberry Nice Cream	98	3	2	25	1	0	1/0	■	■	■
92	Lemon Frozen Yogurt Ripieno	179	0	101	31	7	25	4/2	■		■

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WHY GRILLING IS GREAT

Quick meals with minimal cleanup? Yes, please!

BY KARLA WALSH

When I was growing up, my family enjoyed spending time around the table sharing a meal together. While my mom was the head chef indoors, my dad was the master of outdoor grilling. He had a gas grill and multiple charcoal grills at his disposal, depending on how much time he had to cook and how many people he was feeding. I would often join him outside in the summer months and chat with him while I watched how he started the fire and tended to the foods he was cooking. To me, grilled foods taste like nostalgia and will always be synonymous with warm weather.

The positives of grilling are so compelling that you may find yourself trying to grill your meals as often as you can, beyond just the summer season. Here are a few reasons why I can't get enough.

Grilling Is Faster

Charcoal grills can take a bit of time to prepare and get going (usually around 10 or 15 minutes), but gas grills turn on immediately, so they're ready for use in minutes. Once the grill grates or coals are hot, grilling can cook foods faster than baking, boiling or even sautéing.

Grilling Uses Fewer Dishes

Since you can cook foods directly on the grill grates, you don't have to worry about cleaning pots, pans or baking dishes after your meal. All that needs to be cleaned is whatever you used to prepare foods and eat on. While things are cooking on the grill, I clean any cutting boards, knives or bowls I'm finished with. Since most foods need to be checked or flipped every few minutes, this is a good way to use your time without stepping away for too long.

Grilling Adds Flavor

We all know the iconic smokiness and depth associated with grilled foods, usually from the aesthetically pleasing char marks. This creates what's called a Maillard reaction, in which the carbohydrates in food are caramelized and the proteins are denatured and transformed into something deeply flavorful—all without added fat, salt or sugar. To avoid flare-ups with the flames, I like to grill vegetables without oil or seasonings until they're cooked to my liking; I'll add a drizzle of oil and flavorings once they're off the grill. This helps me use less while maximizing flavor and nutrition. But even if you add a coating of oil to proteins or other foods before grilling, you will likely use less than you would if you were baking or sautéing.

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QUICK AND EASY

These 5-ingredient and 15-minute recipes prove that a delicious meal doesn't have to mean a lengthy grocery shop or hours of prep. Plus: Great tips and simple shortcuts for quick and healthy meals.